

100 **IELTS** Speaking Mock Tests



People



Places



Occasions



Things

No tips. No bandscores. 100 **IELTS** Mock Tests.



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This book contains mock IELTS Speaking tests created for practice purposes only.

All questions in this book are original and written to reflect the format and style of the IELTS Speaking test, not actual past or current exam materials.

It is not affiliated with, endorsed by, or approved by IELTS, the British Council, IDP Education, or Cambridge Assessment English.

This book is part of the *Olly the IELTS Guy* speaking practice system.

Free accompanying practice videos are available at: YouTube: @ollytheielts guy.

New content is being added on a regular basis.

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About this book

This book contains **100 full IELTS Speaking mock tests** designed for repeated speaking practice.

In total, it includes:

- **1200** *part 1 questions*
- **100** *part 2 questions*
- **200** *rounding-off questions*
- **800** *part 3 questions.*

All the questions have been carefully reviewed to reflect the **format, style, and difficulty** of real IELTS Speaking exam questions.

This book is suitable for IELTS candidates aiming for approximately **Band 5.5 to Band 9.0** who want **structured, exam-focused preparation**.

The tests are organised around **people, places, occasions, and things**, covering the majority of IELTS Speaking topics.

It is highly recommended that you **read the full introduction before using this book**, as explains how to use the materials effectively and get the most value from your practice.

About the IELTS exam

The IELTS Speaking test is a face-to-face interview with a trained examiner. It lasts up to 14 minutes, is recorded, and assesses how naturally and effectively you communicate in English.

The test has three parts:

- *Part 1: Introduction and interview*
- *Part 2: Long turn*
- *Part 3: Discussion*

Understanding the purpose of each part will help you practise more effectively with this book.

Part 1: Introduction and interview (5 minutes)

The examiner asks short, personal questions about familiar topics such as work or study, daily life, hobbies, and free time. Answers do not need to be long. One or two clear, natural sentences are usually sufficient.

Part 2: long turn (4 minutes)

You are given a topic card and have one minute to prepare before speaking for two minutes. The prompts are there to help you organise your ideas. You do not need to cover every point in detail.

Part 3: Discussion (5 minutes)

The examiner asks more general and abstract questions related to the Part 2 topic. You are expected to explain and develop your ideas more fully than in Part 1.

There are no correct answers in IELTS Speaking. The examiner is interested in how you express ideas, not what you think.

How to Self-Study With the Tests

For each test:

- *answer all questions aloud*
- *follow real exam timing*
- *record your answers (phone or laptop is enough)*

After speaking:

- *write a short summary of what you said*
- *note mistakes, weak phrasing, or answers that were too long or unclear*
- *identify one main weakness only for that session*
(for example: structure, tense control, vocabulary range, or hesitation)

On later days:

- *repeat the same test (book or YouTube)*
- *change examples, opinions, or time references*
- *vary grammar (past, present, future, conditionals)*
- *strengthen weak areas deliberately*

Do not aim for “perfect” answers. Aim for repeatable, controlled answers.

Building Language from the Tests

For each topic, you can gradually build:

- *a small vocabulary set (idioms, phrasal verbs, collocations)*
- *a small grammar set*
- *flexible sentence structures you can reuse*

Keep these simple and topic-based. The goal is control, not memorisation.

Why Repetition Matters

These tests are meant to be reused.

Repeating the same questions builds:

- *fluency*
- *confidence*
- *consistency*

Strong IELTS candidates improve by answering similar questions many times, not by constantly seeking new ones.

If a test feels easy the second or third time, that is progress.

Using the YouTube Video Support

Some of the tests in this book are also available as **free speaking practice videos** on YouTube.

The videos provide:

- *Full mock interviews with authentic examiner timing and delivery*
- *Pause-and-answer practice for self-study*

You can practise using this book only, the videos only, or a combination of both.

Selected tests include QR codes linking to exam-realistic video versions.

Use them like this:

- *play the video*
- *pause after each question*
- *answer aloud exactly as you would in the real exam*

The videos help you practise timing, focus, and examiner interaction without guesswork.

Use the tests **actively**, **repeat** them often, and **let improvement come from practice**.

There is no required order, but it is advisable to practise topics from each section of the book so you become comfortable with a full range of IELTS Speaking topics.

To access the companion video practice, scan the QR code or click on the link to access the *Olly the IELTS Guy* YouTube channel.

Additional tests are released publicly regularly.

youtube.com/@ollythieltsguy



Question Types: Part 1

Part 1 of the IELTS Speaking test is designed to help you settle into speaking and show that you can communicate naturally about everyday topics.

The questions may feel simple, but they follow clear patterns. Understanding these patterns can help you answer more confidently and avoid overthinking.

In a typical Part 1 set:

- *each question has a different function*
- *questions do not repeat the same idea*
- *difficulty stays low throughout*

This book keeps Part 1 questions simple and personal on purpose, because that is exactly how they appear in the real exam.

Important Things to Remember About Part 1

- *You do not need detailed answers*
- *You do not need examples unless they come naturally*
- *You are not being judged on opinions*
- *You should sound relaxed, not prepared*

If Part 1 feels easy, that means you are doing it correctly.

Part 1 Question Types

1. Habit Questions

These questions ask about things you do regularly in your daily life.

They often begin with:

- *Do you usually...*
- *How often do you...*

Examples:

- *Do you usually eat breakfast at home?*
- *How often do you use public transport?*

2. Preference Questions

These questions ask what you like or prefer.

They often use:

- *prefer*
- *like more*
- *choose*

Examples:

- *Do you prefer studying alone or with other people?*
- *Which do you enjoy more, watching films at home or going to the cinema?*

3. Frequency Questions

These questions focus on how often something happens.

Examples:

- *How often do you go shopping for food?*
- *How often do you meet your friends?*

4. Feeling Questions

These questions ask how something makes you feel.

Examples:

- *How do you feel when you are very busy?*
- *Do you feel relaxed when you spend time alone?*

5. Ease or Difficulty Questions

These questions ask whether something is easy or difficult for you.

Examples:

- *Is it easy for you to concentrate at home?*
- *Do you find it difficult to wake up early?*

6. Description Questions

These questions ask you to describe something simple in your life.

Examples:

- *What do you usually do in the evening?*
- *What kind of messages do you receive most often?*

Question Types: Part 2

Part 2 of the IELTS Speaking test is a long turn. You are given a topic, one minute to prepare, and then you speak for up to two minutes.

Although the topics change, Part 2 tasks follow a small number of repeatable patterns. These patterns help examiners assess how well you can organise ideas and speak at length.

Regardless of topic, all Part 2 tasks test the same core skills.

Examiners are listening for:

- *structure (beginning, middle, end)*
- *ability to keep talking*
- *how clearly you organise your ideas*
- *calm recovery if you hesitate*

The prompts on the card are guides, not rules. You do not need to follow them in order, and you do not need to cover them equally.

Important Things to Remember About Part 2

- *Use the one minute to note key points only*
- *Speak for as long as you can, up to two minutes*
- *Do not memorise full sentences*

The same Part 2 task can be practised many times, and each attempt will sound different. That is normal.

Part 2 is not about telling an impressive story.

It is about showing that you can:

- *organise ideas*
- *speak continuously*
- *use everyday English accurately*

Part 2 Question Types

1. Describing a Person

These tasks ask you to talk about someone you know or know about.

Typical examples:

- *Describe a person who has influenced you*
- *Describe someone you admire*
- *Describe a person you enjoy spending time with*

These tasks usually include prompts about:

- *who the person is*
- *how you know them*
- *what they are like*
- *why they are important to you*

2. Describing a Place

These tasks focus on locations that are meaningful to you.

Typical examples:

- *Describe a place you like to visit*
- *Describe a place that is important to you*
- *Describe a place you would like to return to*

These tasks often include:

- *where the place is*
- *what it is like*
- *what you do there*
- *why it matters to you*

3. Describing an Experience or Event

These tasks ask you to talk about something that happened.

Typical examples:

- *Describe an experience that changed you*
- *Describe an event you remember clearly*
- *Describe a time when something unexpected happened*

These tasks usually involve:

- *when it happened*
- *what happened*
- *how you felt*
- *why it was memorable*

4. Describing an Activity or Habit

These tasks focus on things you do regularly or have done in the past.

Typical examples:

- *Describe an activity you enjoy*
- *Describe something you do to relax*
- *Describe a hobby you have*

These tasks often include:

- *what the activity is*
- *how often you do it*
- *who you do it with*
- *why you enjoy it*

5. Describing an Object or Possession

These tasks focus on things you own or use.

Typical examples:

- *Describe something you own that is important to you*
- *Describe an object you use every day*
- *Describe a gift you received*

These tasks usually include:

- *what the object is*
- *where it came from*
- *how you use it*
- *why it is important*

6. Describing a Plan or Future Intention

Some Part 2 tasks ask about plans or intentions.

Typical examples:

- *Describe something you would like to do in the future*
- *Describe a skill you want to learn*
- *Describe a place you would like to visit*

These tasks usually include:

- *what the plan is*
- *why you want to do it*
- *when or how you might do it*
- *how you feel about it*

Question Types: Part 3

Part 3 of the IELTS Speaking test focuses on extended thinking and explanation. Questions become more abstract and move away from personal experience.

Although topics vary, Part 3 questions follow a limited number of clear patterns. These patterns are used repeatedly by examiners to encourage explanation, comparison, and evaluation.

You are not expected to give correct answers. You are expected to explain ideas clearly and logically.

In a typical Part 3 discussion:

- *early questions focus on reasons and effects*
- *middle questions explore comparisons or attitudes*
- *later questions widen the topic or consider future developments*

Difficulty increases gradually. Each question builds on the previous one.

Important Things to Remember About Part 3

- *There is no single correct answer*
- *Explanations matter more than opinions*
- *You do not need specialised knowledge*
- *Clear, organised thinking should be demonstrated*

Part 3 questions are designed to help you show:

- *organisation of ideas*
- *ability to explain and compare*
- *control of spoken English under pressure*

Part 3 Question Types

1. Reason or Cause Questions

These questions ask why something happens or why people behave in a certain way.

Examples:

- *Why do people prefer learning in groups?*
- *Why are some habits difficult to change?*

2. Effect or Influence Questions

These questions ask how one thing affects another.

Examples:

- *How does technology influence the way people communicate?*
- *What effects can long working hours have on family life?*

3. Comparison Questions

These questions ask you to compare people, situations, time periods, or groups.

Examples:

- *Are learning styles different for children and adults? Why?*
- *Is this situation different now than in the past?*

4. Change Over Time Questions

These questions focus on how things have developed or shifted.

Examples:

- *Has the way people work changed in recent years? Why?*
- *Have attitudes towards education changed over time?*

5. Advantage and Disadvantage Questions

These questions ask you to explore both positive and negative aspects.

Examples:

- *What are the advantages and disadvantages of online learning?*
- *What are the benefits and drawbacks of living in a large city?*

6. Attitude or Opinion Questions

These questions ask how people feel or think about an issue.

Examples:

- *How do people generally feel about working long hours?*
- *Why do some people enjoy competition while others avoid it?*

7. Scope-Widening Questions

These questions move from a specific topic to a broader context.

Examples:

- *What role does education play in modern society?*
- *How does this issue affect relationships at work or at home?*

8. Future-Oriented Questions

These questions ask about possible developments.

Examples:

- *How might this situation develop in the future?*
- *What changes could affect this area in the coming years?*

Take part in a real online IELTS Speaking mock test

I plan to run real online IELTS Speaking mock tests with volunteer candidates and to record selected sessions for publication on my YouTube channel, together with examiner-style feedback.

These mock tests will follow the official IELTS Speaking format and are designed to help candidates practise under realistic conditions.

If you are 18 years old, or older, and would like to apply to take part in a future mock test, you can register here



www.ollytheieltsguy.com/mock-test-volunteer-book

Interest in these sessions is often high, and I'm very grateful to everyone who applies. Unfortunately, I won't be able to accept every application, and I'm sorry about that.

All submissions are read carefully, and not being selected is usually due to limited availability rather than your level of English or your potential.

Thank you very much for your interest and for taking the time to apply.

PEOPLE



1 - A Person You Enjoy Spending Time With

Part 1

Friends

1. How often do you meet your friends? (Why?)
2. Do you prefer a large group of friends or a small one? (Why?)
3. What activities do you enjoy doing with your friends? (Why?)
4. Do you have a best friend?

Shopping

1. Do you enjoy shopping? (Why/Why not?)
2. What kinds of things do you usually buy? (Why?)
3. Do you prefer shopping online or in shops? (Why?)
4. Have you bought anything recently? (Why?)

Weekends

1. What do you usually do at the weekend? (Why?)
2. Do you prefer busy or relaxing weekends? (Why?)
3. Were your weekends different when you were younger? (Why?)
4. Is it important for you to plan your weekends? (Why/Why not?)

Part 2

Describe a person you enjoy spending time with.
You should say:

- who this person is
- how you know them
- what you usually do together

and explain why you enjoy spending time with this person.

Rounding-off questions

1. How often do you spend time with this person?
2. Will you see this person again soon?

Part 3

Close Relationships

1. Why do people need close relationships?
2. What problems can people face without close relationships?
3. Do people find it easy to form close relationships nowadays? (Why/Why not?)
4. What makes some relationships last longer than others?

Social Life in Modern Society

5. Has technology changed how people spend time together? (How?)
6. Do people spend enough time maintaining close relationships nowadays? (Why/Why not?)
7. Why do some close relationships become weaker over time?
8. How might social relationships change in the future?

2 - A Person Who Has Influenced You

Part 1

Daily Routine

1. Do you have a daily routine? (Why/Why not?)
2. What part of your day do you enjoy most? (Why?)
3. Has your daily routine changed recently? (Why?)
4. Do you like doing the same things every day? (Why?)

Technology

1. Do you use technology every day? (Why/Why not?)
2. Which device do you use most often? (Why?)
3. Has technology changed how you live? (Why?)
4. Could you live without technology? (Why/Why not?)

Free Time

1. Do you have much free time these days? (Why/Why not?)
2. How do you usually spend your free time? (Why?)
3. Has the way you use your free time changed? (Why?)
4. Is free time important to you? (Why/Why not?)

Part 2

Describe a person who has influenced you.
You should say:

- who this person is
- how you know them
- what influence they have had on you

and explain why this influence was important.

Rounding-off questions

1. Do you think you influence people?
2. Would you like to influence a lot of people?

Part 3

Personal Influence

1. How can one person influence another person's life?
2. Why are some people more influential than other people?
3. What kinds of people tend to have the strongest influence on other people? (How?)
4. Are people less influenced by things as they get older? (Why?)

Influence in Society

5. Who has more influence on young people today, family or friends? (Why?)
6. Do celebrities influence society in a positive way? (Why/Why not?)
7. Are people more easily influenced now than in the past? (Why?)
8. What are the possible consequences of being strongly influenced by some people?

3 - A Person You Admire

Part 1

Work or Study

1. Are you currently working or studying? (Why?)
2. Do you enjoy what you do? (Why/Why not?)
3. Have your feelings towards work or study changed over time? (Why?)
4. Do you prefer working alone or with other people? (Why?)

Music

1. Do you listen to music regularly? (Why/Why not?)
2. What kind of music do you prefer? (Why?)
3. When do you usually listen to music?
4. Did you like different kinds of music when you were younger? (Why?)

Evenings

1. What do you usually do in the evening? (Why?)
2. Do you prefer quiet or active evenings? (Why?)
3. Has your evening routine changed over time? (Why?)
4. Do you feel more relaxed in the evening? (Why/Why not?)

Part 2

Describe a person you admire.
You should say:

- who this person is
- what they do
- how you learned about them

and explain why you admire this person.

Rounding-off questions

1. Do people admire you?
2. Would you like to be admired by a lot of people?

Part 3

Role Models

1. Why do people need role models?
2. Are role models more important for children or adults? (Why?)
3. In what ways can ordinary people act as role models?
4. What qualities make someone a good role model?

Changing Values

5. Do people admire different people today than in the past? (Why?)
6. Why do famous people sometimes become influential?
7. How can looking up to someone influence the way people behave?
8. Should people be more careful about who they admire? (Why/Why not?)

4 - A Person Who Helped You

Part 1

Home

1. Do you like your home? (Why/Why not?)
2. How long have you lived there? (Why?)
3. What do you like most about your home? (Why?)
4. Would you like to change anything about it? (Why/Why not?)

Exercise

1. Do you do any kind of exercise? (Why/Why not?)
2. What type of exercise do you prefer? (Why?)
3. When do you usually exercise?
4. Would you like to exercise more? (Why?)

Goals

1. Do you usually set goals for yourself? (Why/Why not?)
2. What kind of goals do you set? (Why?)
3. How do you feel when you achieve a goal?
4. Have your goals changed recently? (Why?)

Part 2

Describe a person who helped you at an important time.
You should say:

- who the person was
- what situation you were in
- how they helped you

and explain why their help was important.

Rounding-off questions

1. Are you a helpful person?
2. How often do you help people?

Part 3

Helping Behaviour

1. Why do some people help other people?
2. Are people more willing to help in certain situations? (Why/Why not?)
3. Is it easier to help people you know or strangers? (Why?)
4. What benefits can people gain from helping other people?

Community and Support

5. How important is community support in modern society?
6. Do people rely less on their local communities than in the past? (Why?)
7. What kind of support should governments provide, rather than communities?
8. How can communities encourage people to support each other?

5 - A Friend Who Is Very Different From You

Part 1

Waiting

1. How do you feel about waiting? (Why/Why not?)
2. When do you usually have to wait? (Why?)
3. What do you usually do while you wait? (Why?)
4. Does waiting affect your mood? (Why/Why not?)

Personal rules

1. Do you have rules you set for yourself? (Why/Why not?)
2. What kind of rules do you follow most closely? (Why?)
3. Are your personal rules strict or flexible? (Why?)
4. Do these rules make life easier for you? (Why/Why not?)

Background noise

1. Do you like having background noise around you? (Why/Why not?)
2. What kind of sounds do you notice most? (Why?)
3. When do you prefer complete quiet? (Why?)
4. Does background noise help or distract you? (Why?)

Part 2

Describe a friend who is very different from you.
You should say:

- who this person is
- how you met
- how they are different from you

and explain why you get along with them.

Rounding-off questions

1. Do you have a lot of friends who are very different from you?
2. How do you normally meet new friends?

Part 3

Differences in Friendships

1. Why do people become friends with people who are different from them?
2. How can having different views or backgrounds affect friendships positively?
3. What kinds of differences cause problems in friendships?
4. What factors help friendships continue despite differences?

Social Diversity

5. Is it good for children to mix with people from different backgrounds? (Why?)
6. Does society benefit from diversity? (How?)
7. Are people more accepting of differences today? (Why/Why not?)
8. What makes interaction between different groups difficult at times?

6 - A Teacher Who Influenced You

Part 1

Food

1. Do you enjoy cooking? (Why/Why not?)
2. What kind of food do you usually eat? (Why?)
3. Has your diet changed recently? (Why?)
4. Do you prefer eating at home or eating out? (Why?)

Social media

1. Do you use social media often? (Why/Why not?)
2. Which social media platform do you use most? (Why?)
3. What do you usually do on social media?
4. Has your use of social media changed recently? (Why?)

Travelling

1. Do you like travelling? (Why/Why not?)
2. What kind of places do you like to visit? (Why?)
3. Who do you usually travel with? (Why?)
4. Has the way you travel changed recently? (Why?)

Part 2

Describe a teacher who influenced you.
You should say:

- who the teacher was
- what subject they taught
- how they taught

and explain how they influenced you.

Rounding-off questions

1. Did you have many teachers you liked at school?
2. Would you like to be a teacher?

Part 3

Effective Teaching

1. What qualities do people generally associate with an effective teacher?
2. Do students respond better to strict or relaxed teachers? (Why?)
3. Is it more important for a teacher to know a lot about their subject, or have a good teaching style? (Why?)
4. How important is it for teachers to adapt their approach for different students? (Why?)

Education in the Modern World

5. Has the role of teachers changed in recent years? (Why?)
6. In what ways can technology support or partially replace teachers?
7. Is education more competitive now than in the past? (Why?)
8. How can schools motivate students more effectively?

7 - A Family Member You Are Close To

Part 1

Family

1. How many people are there in your family? (Why?)
2. Who are you closest to? (Why?)
3. How often do you see your family members? (Why?)
4. What do you usually do together? (Why?)

Meals

1. Do you usually eat at home or outside? (Why?)
2. Who do you usually eat with? (Why?)
3. Do you prefer to eat alone, or with company? (Why/Why not?)
4. Is there any food you would like to try in the future? (Why?)

Photos

1. Do you like taking photos? (Why/Why not?)
2. What do you usually take photos of? (Why?)
3. Do you prefer digital or printed photos? (Why?)
4. Do you keep all your old photos? (Why/Why not?)

Part 2

Describe a family member you are close to.
You should say:

- who this person is
- how often you see them
- what you usually do together

and explain why you are close to them.

Rounding-off questions

1. Which family member are you closest to?
2. How often do you talk to members of your family?

Part 3

Family Relationships

1. Why are family relationships important for most people?
2. Do families tend to spend less time together than in the past (Why?)
3. What kinds of support do family members usually give each other?
4. What are the advantages and disadvantages of living close to family?

Changing Family Roles

5. How have family roles changed in modern society?
6. Why can conflicts sometimes arise between family life and work?
7. Do younger and older generations understand each other well nowadays? (Why?)
8. Do you think families will live together in the same way in the future?

8 - A Person You Recently Met

Part 1

Exercise

1. Do you exercise regularly? (Why/Why not?)
2. What kind of exercise do you enjoy most? (Why?)
3. Has your exercise routine changed recently? (Why?)
4. Do you prefer exercising alone or with others? (Why?)

Health

1. Do you pay much attention to your health? (Why/Why not?)
2. Have your health habits changed over time? (Why?)
3. Do you try to stay healthy every day? (Why/Why not?)
4. What helps you to stay healthy? (Why?)

Sleep

1. Do you usually sleep well? (Why/Why not?)
2. How many hours do you normally sleep? (Why?)
3. Has your sleep pattern changed recently? (Why?)
4. Is good sleep important for you? (Why/Why not?)

Part 2

Describe a person you recently met.
You should say:

- who the person is
- where you met them
- what you talked about

and explain why you remember this meeting.

Rounding-off questions

1. Do you meet new people often?
2. Where do you usually meet new people?

Part 3

First Impressions

1. Why do some people make strong first impressions?
2. How reliable are first impressions, in your opinion? (Why?)
3. Do appearances matter too much today? (Why/Why not?)
4. How do first impressions affect long-term relationships?

Social Interaction Today

5. Is it easier to meet people today than in the past? (Why?)
6. How does technology affect the way people interact socially?
7. Are social skills more important now than in the past? (Why?)
8. What difficulties can people face today if they lack social skills?

9 - A Person Who Is Very Good at Their Job

Part 1

Communication

1. Do you enjoy talking to people? (Why/Why not?)
2. Who do you communicate with most during the day? (Why?)
3. Do you prefer talking face to face or online? (Why?)
4. Has the way you communicate changed recently? (Why?)

Films

1. Do you enjoy watching films? (Why/Why not?)
2. What type of films do you prefer? (Why?)
3. How often do you watch films? (Why?)
4. Do you prefer watching films at home, or in the cinema? (Why?)

Quiet time

1. Do you like spending time alone? (Why/Why not?)
2. What do you usually do when you are alone? (Why?)
3. How important is quiet time for you? (Why?)
4. Where do you usually go to enjoy quiet time (Why?)

Part 2

Describe a person who is very good at their job.
You should say:

- who this person is
- what job they do
- what makes them good at it

and explain why you admire their ability.

Rounding-off questions

1. Is it important to enjoy your job?
2. Is there a job you think you would be good at?

Part 3

Work Performance

1. What factors usually contribute to success at work?
2. Which matters more for success at work: talent or hard work? (Why?)
3. How important is experience compared to qualifications?
4. Why can working in a team lead to better work performance?

Work and Society

5. How has technology changed the way people work? (How?)
6. Why do some employers value performance more than loyalty?
7. In what ways can work performance affect people's personal lives?
8. How do you think technology will continue to change work in the future?

10 - A Person You Enjoy Talking To

Part 1

Reading

1. Do you enjoy reading? (Why/Why not?)
2. What do you like to read? (Why?)
3. How often do you read these days? (Why?)
4. Has your reading habit changed over time? (Why?)

A gift you received

1. Do you enjoy receiving gifts? (Why/Why not?)
2. What kind of gifts do you usually appreciate most? (Why?)
3. Do you prefer useful gifts, or personal ones (Why?)
4. Did gifts feel more important to you when you were younger? (Why?)

Clothes you like wearing

1. Do you usually think about what you wear each day? (Why/Why not?)
2. What type of clothes do you feel most comfortable wearing? (Why?)
3. When you buy clothes, what matters more to you: comfort or style? (Why?)
4. Has the way you dress changed over time? (Why?)

Part 2

Describe a person you enjoy talking to.
You should say:

- who this person is
- how often you talk to them
- what you usually talk about

and explain why you enjoy these conversations.

Rounding-off questions

1. Do you enjoy talking to people?
2. Do you prefer talking face to face or online?

Part 3

Meaningful Conversation

1. Why do people enjoy deep conversations?
2. In what ways can talking with other people help reduce stress?
3. What makes someone an interesting conversationalist?
4. Is it important to be honest in conversations? (Why?)

Communication Trends

5. Are people better at talking or listening today? (Why?)
6. Have online conversations replaced face-to-face ones? (Why/Why not?)
7. Has technology improved or damaged communication skills? (Why?)
8. How do you think everyday communication might change in the future? (Why/Why not?)

11 - A Person Who Has a Different Opinion From You

Part 1

Travel

1. Do you enjoy travelling? (Why/Why not?)
2. How often do you travel? (Why?)
3. Do you prefer short trips or long trips? (Why?)
4. Is there anywhere you would like to visit in the future? (Why?)

Organisation

1. Do you consider yourself organised? (Why/Why not?)
2. How do you usually organise your daily tasks? (Why?)
3. What problems do you notice when you are not organised?
4. Were you organised when you were a child? (Why?)

Stress

1. Do you often feel stressed? (Why/Why not?)
2. What usually causes you stress? (Why?)
3. How do you deal with stress?
4. Has your stress level changed recently? (Why?)

Part 2

Describe a person who has a different opinion from you.
You should say:

- who this person is
- what their opinion is
- how their opinion is different from yours

and explain how you feel about having a different opinion from this person.

Rounding-off questions

1. Do you often have different opinions from other people?
2. Is it easy for people to change their opinions?

Part 3

Differences of Opinion

1. Why do people often have strong opinions about certain topics?
2. Why can it be difficult to accept opinions we disagree with?
3. What usually causes discussions to turn into arguments?
4. How can listening to different opinions be useful?

Opinions in Society

5. Are people more open about sharing their opinions today than in the past? (Why?/Why not?)
6. How do social media platforms influence people's opinions?
7. Why is it important for children to develop their own opinions?
8. What challenges can arise when many opinions exist in one society?

12 - A Person Who Is Good at Communicating

Part 1

Weather

1. What kind of weather do you enjoy most? (Why?)
2. How does the weather usually affect how you feel? (Why/Why not?)
3. Does the weather ever change what you do during the day? (Why?)
4. Would you prefer to live in a hot place or a cold place (Why?)

Staying focused

1. Is it easy for you to stay focused? (Why/Why not?)
2. What helps you concentrate better? (Why?)
3. What usually distracts you?
4. Did you usually find it easy to concentrate as a child? (Why?)

Clothing

1. Do you care about what you wear? (Why/Why not?)
2. What kind of clothes do you usually wear? (Why?)
3. Has your clothing style changed recently? (Why?)
4. Do you prefer comfortable clothes or fashionable clothes? (Why?)

Part 2

Describe a person who is good at communicating.
You should say:

- who this person is
- how you know them
- how they communicate with others

and explain why you think they communicate well.

Rounding-off questions

1. Are you a good communicator?
2. Are you confident when speaking with other people?

Part 3

Communication Skills

1. What qualities make someone a good communicator?
2. Is effective communication more about speaking clearly or listening carefully? (Why?)
3. How do strong communication skills contribute to success at work?
4. Why do some people develop stronger communication skills than other people? Why?

Communication in the Modern World

5. Has technology improved communication overall, or created new problems? (Why/Why not?)
6. Do people communicate less face to face now than in the past? (Why?)
7. What kinds of problems can poor communication cause in daily life or work?
8. Do you think communication skills will become more important in the future? (Why?)

13 - A Person Who Motivates You

Part 1

Photography

1. Do you enjoy taking photos? (Why/Why not?)
2. What do you usually take photos of? (Why?)
3. Has the way you take photos changed recently? (Why?)
4. Do you prefer taking photos or looking at them? (Why?)

Social Media

1. Do you use social media regularly? (Why/Why not?)
2. Which social media apps do you use most? (Why?)
3. Has social media changed how you communicate? (Why?)
4. Do you ever take breaks from social media? (Why/Why not?)

Messages

1. Do you send messages every day? (Why/Why not?)
2. Do you prefer texting or voice messages? (Why?)
3. Who do you message with the most? (Why?)
4. Do you reply to messages quickly? (Why/Why not?)

Part 2

Describe a person who motivates you.
You should say:

- who this person is
- how you know them
- how they motivate you

and explain why this motivation is important to you.

Rounding-off questions

1. Do you motivate people?
2. Are you a motivated person?

Part 3

Motivation and Achievement

1. What role does motivation play in helping people achieve goals?
2. Is motivation more important than natural ability? (Why?)
3. What kinds of things can increase or reduce a person's motivation?
4. Why do some people develop strong motivation while other people do not?

Motivation in Daily Life

5. Do people feel less motivated nowadays than in the past? (Why/Why not?)
6. How does competition affect people's motivation to succeed?
7. To what extent can financial rewards motivate people? (Why/Why not?)
8. Why is long-term motivation important for achieving lasting success?

14 - A Person You Learned Something Important From

Part 1

Studying English

1. Do you enjoy studying English? (Why/Why not?)
2. How often do you study English? (Why?)
3. Do you prefer speaking or writing in English? (Why?)
4. When do you practise speaking English? (Why/Why not?)

Teachers

1. Do you remember your favourite teacher? (Why?)
2. What qualities do you value in a teacher? (Why?)
3. Do you prefer strict or friendly teachers? (Why?)
4. Would you like to be a teacher? (Why?)

Animals

1. Do you like animals in general? (Why/Why not?)
2. What kinds of animals are common in your country?
3. Are there any animals you are afraid of? (Why?)
4. Did you learn about animals at school? (Why?)

Part 2

Describe a person you learned something important from.
You should say:

- who the person is
- what you learned from them
- how you learned it

and explain why this lesson was important.

Rounding-off questions

1. Do you often learn important things?
2. Do you ever teach people important things?

Part 3

Learning from Other People

1. Why do people often learn well from other people, rather than on their own?
2. What are the differences between learning from experience and learning from books?
3. Who do people tend to learn the most from at different stages of life? (Why?)
4. In what ways can difficult experiences lead to valuable learning? (Why?)

Lifelong Learning

5. Do people continue learning throughout their lives? (Why/Why not?)
6. Is ongoing learning more necessary today than in the past? (Why?)
7. What motivates people to keep learning new skills or knowledge?
8. Why is the ability to keep learning likely to become more important in the future?

15 - A Person Who Changed Your Life

Part 1

Writing

1. Do you enjoy writing? (Why/Why not?)
2. What kinds of things do you usually write? (Why?)
3. When do you write most often? (Why?)
4. Do you prefer writing by hand or typing? (Why?)

Reading Online

1. Do you read much online? (Why/Why not?)
2. What kind of things do you usually read online? (Why?)
3. Do you spend more time reading online or on paper? (Why?)
4. Do you find it easy to concentrate when reading online? (Why/Why not?)

Learning Apps

1. Do you use any apps to help you learn? (Why/Why not?)
2. What do you mainly use learning apps for? (Why?)
3. Has using apps helped you learn better? (Why?)
4. Would you recommend learning apps to other people? (Why/Why not?)

Part 2

Describe a person who changed your life.
You should say:

- who the person is
- how you met them
- what change they caused

and explain why this change was significant.

Rounding-off questions

1. Has your life changed recently?
2. Are changes generally good?

Part 3

Life-Changing Experiences

1. What kinds of experiences tend to change people's lives most?
2. Do people change more because of people or events? (Why?)
3. Why can small changes sometimes lead to major life changes?
4. Are all life changes long-lasting? (Why/Why not?)

Personal Growth and Change

5. Do people change more when they are young or older? (Why?)
6. Is change harder to accept as people get older? (Why/Why not?)
7. How can adapting to change affect a person's confidence or outlook?
8. What impact can actively changing one's life have on a person?

16 - A Person You Enjoy Working With

Part 1

Work

1. Are you currently working or studying? (Why?)
2. What do you like most about your work or studies? (Why?)
3. Is teamwork important in your field? (Why/Why not?)
4. Would you like to change your job or studies in the future? (Why/Why not?)

Kitchen Equipment

1. Do you enjoy using kitchen equipment? (Why/Why not?)
2. Which kitchen tool do you use most? (Why?)
3. Has technology changed how you cook? (Why?)
4. Do you prefer simple or modern kitchen tools? (Why?)

Eating Habits

1. Do you have regular eating habits? (Why/Why not?)
2. What is your main meal of the day? (Why?)
3. Do you ever skip meals? (Why/Why not?)
4. Do you pay attention to what you eat? (Why?)

Part 2

Describe a person you enjoy working with.
You should say:

- who this person is
- how you work together
- what makes them easy to work with

and explain why you enjoy working with this person.

Rounding-off questions

1. Do you generally like working with other people?
2. When do you prefer to work on your own?

Part 3

Work Relationships

1. Why are good relationships important at work?
2. What problems can poor work relationships cause?
3. Why can trust be difficult to build between colleagues?
4. In what ways can personal relationships create difficulties at work?

Teamwork and Performance

5. Why can teamwork sometimes fail to produce good results?
6. Why do some workplaces have stronger cooperation than others?
7. Are team skills becoming more important today than in the past? (Why?)
8. How might technology change the way colleagues interact in the future?

17 - A Person You Would Like to Meet

Part 1

Music

1. Do you listen to music every day? (Why/Why not?)
2. What kind of music do you enjoy most? (Why?)
3. Has your taste in music changed over time? (Why?)
4. Do you usually listen to music alone or with other people? (Why?)

Daily Travel

1. How do you usually travel around your local area? (Why?)
2. Do you enjoy your daily journeys? (Why/Why not?)
3. Has the way you travel changed recently? (Why?)
4. Do your daily journeys feel relaxed or rushed? (Why?)

Reading

1. Do you enjoy reading in your free time? (Why/Why not?)
2. What kind of things do you like to read? (Why?)
3. When do you usually read? (Why?)
4. Has reading become more or less important to you over time? (Why?)

Part 2

Describe a person you would like to meet.
You should say:

- who this person is
- why you would like to meet them
- what you would like to talk about

and explain why meeting this person would be meaningful.

Rounding-off questions

1. Do you meet a lot of people every week?
2. Is there anyone you would like to meet?

Part 3

Curiosity About Other People

1. Why are some people curious about meeting certain individuals?
2. Is curiosity about other people generally a positive characteristic? (Why?)
3. What can people learn from meeting others face to face that they cannot learn online?
4. How can meeting certain people influence a person's goals?

Fame and Influence

5. Do famous people have too much influence in society today? (Why/Why not?)
6. Why might meeting a well-known person feel disappointing for some people?
7. What influence does media have on who people want to meet?
8. Why might some famous people limit public access to themselves?

18 - A Person You Miss

Part 1

Personal energy

1. Do you usually feel energetic during the day? (Why/Why not?)
2. When do you feel most energetic? (Why?)
3. What usually reduces your energy?
4. Has your energy level changed recently? (Why?)

Food at Home

1. Do you often eat meals at home? (Why/Why not?)
2. What kind of meals do you usually eat at home? (Why?)
3. Would you like to try dishes from other countries? (Why?)
4. Do you enjoy eating alone or with other people? (Why?)

Technology

1. Do you use technology every day? (Why/Why not?)
2. Which piece of technology do you use most often? (Why?)
3. Has technology changed your daily habits? (Why?)
4. Could you manage your day without technology? (Why/Why not?)

Part 2

Describe a person you miss.
You should say:

- who this person is
- why you miss them
- how you stay in contact

and explain how missing this person affects you.

Rounding-off questions

1. Do you often miss people?
2. Do people tend to miss you?

Part 3

Emotional Connections

1. Why do people often miss their friends and family?
2. Is missing someone always a negative feeling? (Why/Why not?)
3. Why do some relationships stay emotionally strong over many years?
4. Can distance change the way people value close relationships? (Why?)

Modern Relationships

5. Do people build close relationships as easily nowadays as in the past? (Why/Why not?)
6. In what ways has technology changed long-distance relationships?
7. Is spending time together still essential for strong relationships? (Why?)
8. Why do some relationships become emotionally distant?

19 - A Person You Learned a Skill From

Part 1

Friends

1. How often do you stay in contact with your friends? (Why?)
2. Do you prefer meeting friends in person or online? (Why?)
3. What do you usually do with your friends? (Why?)
4. Do you find it easy to make new friends? (Why/Why not?)

Exercise

1. Do you exercise regularly? (Why/Why not?)
2. What kind of exercise do you enjoy most? (Why?)
3. What makes you want to exercise? (Why?)
4. Do you prefer exercising indoors or outdoors? (Why?)

Weather

1. What kind of weather do you enjoy most? (Why?)
2. Does the weather affect how you feel during the day? (Why/Why not?)
3. Has recent weather changed your daily activities? (Why?)
4. Do you prefer warm or cool weather? (Why?)

Part 2

Describe a person you learned a skill from.
You should say:

- who the person is
- what skill you learned
- how they taught you

and explain why this skill is useful.

Rounding-off questions

1. How often do you learn new skills?
2. Do you enjoy learning new skills?

Part 3

Skill Development

1. Why are skills important in modern life?
2. Is learning skills easier for children or adults? (Why?)
3. What helps some people learn new skills on their own?
4. In what ways does motivation influence how well people learn skills?

Education and Skills

5. Are practical skills given enough attention in schools and universities? (Why/Why not?)
6. How can governments support people in developing useful skills?
7. How important will learning new skills be in people's working lives in the future?
8. Can technology fully replace human teachers when it comes to teaching skills? (Why/Why not?)

20 - A Person You Trust

Part 1

Morning Drinks

1. Do you usually have a drink in the morning? (Why/Why not?)
2. What do you like to drink in the morning? (Why?)
3. When do you usually have your first drink of the day? (Why?)
4. Do you prefer having your morning drink at home or outside? (Why?)

Breaks

1. Do you take regular breaks during the day? (Why/Why not?)
2. What do you usually do during your breaks? (Why?)
3. When do you feel a break is most needed? (Why?)
4. Do breaks help you feel more focused afterwards? (Why/Why not?)

Technology

1. Do you use technology every day? (Why/Why not?)
2. Which device do you use most often? (Why?)
3. What do you mainly use this device for during the day? (Why?)
4. Could you manage your day without your main device? (Why/Why not?)

Part 2

Describe a person you trust.
You should say:

- who this person is
- how you know them
- why you trust them

and explain why trust is important to you.

Rounding-off questions

1. Do you easily trust people?
2. Is it easy for you to trust new people?

Part 3

Building Trust

1. What usually leads someone to trust other people?
2. What kinds of behaviour help build trust over time?
3. Why is trust difficult to rebuild after it is broken?
4. Is trust built more through what people do or what they say? (Why?)

Trust in Society

5. Do people trust businesses and organisations less than in the past? (Why/Why not?)
6. Why is trust important in areas like business and politics? (Why?)
7. How does a lack of trust affect society?
8. How can communities encourage trust between people?

21 - A Person You Enjoy Learning From

Part 1

Being punctual

1. Is being on time important to you? (Why/Why not?)
2. Are you usually early or late? (Why?)
3. How do you feel when other people are late?
4. Do you get stressed when you are running late? (Why?)

Morning Routine

1. What do you usually do first in the morning? (Why?)
2. Are you a morning person? (Why/Why not?)
3. Do you like to do the same things every morning? (Why?)
4. Do you prefer calm or busy mornings? (Why?)

Friends

1. How often do you meet your friends? (Why?)
2. Do you prefer meeting friends one-to-one or in groups? (Why?)
3. Is it easy for you to stay in touch with your friends? (Why?)
4. What do you usually enjoy doing together? (Why?)

Part 2

Describe a person you enjoy learning from.
You should say:

- who this person is
- what you learn from them
- how they teach or explain things

and explain why you enjoy learning from this person.

Rounding-off questions

1. Do you usually enjoy learning?
2. Would you enjoy teaching somebody?

Part 3

Learning from Others

1. Why do people learn better from some individuals than others?
2. How does a teacher's personality affect learning?
3. Can learning from everyday situations be as effective as formal education? (Why/Why not?)
4. What happens when learners do not trust the person or technology teaching them?

Modern Learning Environments

5. How has technology changed the way people learn from other people? (Why?)
6. Are people more independent learners today? (Why/Why not?)
7. Why do some people find it difficult to apply what they have learned in real life?
8. How might learning methods change in the future?

22 - A Person Who Makes You Laugh

Part 1

Free Time

1. Do you feel you have enough free time these days? (Why/Why not?)
2. How do you usually spend your free time? (Why?)
3. Would you like to try any new free time activities? (Why?)
4. Is free time important to you? (Why/Why not?)

Food

1. Do you enjoy cooking? (Why/Why not?)
2. What kind of food do you usually eat? (Why?)
3. Has your diet changed recently? (Why?)
4. Do you prefer eating at home or eating out? (Why?)

Saying no

1. Do you find it easy to say no to people? (Why/Why not?)
2. In what situations do you say no most often?
3. How do you feel after saying no? (Why?)
4. Has your ability to say no become easier or harder for you recently? (Why?)

Part 2

Describe a person who makes you laugh.
You should say:

- who this person is
- how you know them
- what they do that makes you laugh

and explain why laughter is important to you.

Rounding-off questions

1. Do you make people laugh often?
2. What makes you laugh?

Part 3

Humour and Relationships

1. Why is humour important in relationships?
2. Why does shared humour sometimes bring people closer together?
3. Can differences in sense of humour cause problems in friendships?
4. Can humour help reduce tension during disagreements? (Why/Why not?)

Humour in Society

5. What purposes does humour serve in everyday life? (Why/Why not?)
6. Do people share humour differently because of social media?
7. Why can humour sometimes be risky in serious situations?
8. How important is humour in professional and educational environments?

23 - A Person You Look Up To

Part 1

Personal comfort

1. Do you usually feel comfortable in your daily routine? (Why/Why not?)
2. What makes you feel most comfortable at home? (Why?)
3. Are there situations where you feel less comfortable? (Why?)
4. Do you try to make your surroundings more comfortable? (Why/Why not?)

Dealing with problems

1. Do you deal with problems quickly? (Why/Why not?)
2. What kind of problems do you face most often?
3. Do you prefer solving problems alone or with other people? (Why?)
4. Do you feel confident dealing with problems? (Why?)

Being flexible

1. Do you consider yourself a flexible person? (Why/Why not?)
2. In what situations do you need to be flexible?
3. How do you feel when plans change suddenly? (Why?)
4. Are you comfortable with change now? Why?)

Part 2

Describe a person you look up to.
You should say:

- who this person is
- what they have achieved
- why you admire them

and explain how they influence you.

Rounding-off questions

1. Do you look up to many people?
2. Does anyone look up to you?

Part 3

Admiration and Influence

1. Why do people admire other people?
2. How can admiration influence the choices people make in life?
3. Why do people sometimes admire famous people even when they behave badly?
4. Can people be influenced too easily? (Why/Why not?)

Public Figures and Role Models

5. In what ways can public figures influence people's behaviour?
6. Do young people need role models more than adults? (Why?/ Why not?)
7. Can social media create unrealistic role models? (Why?)
8. How important is it for people to admire the right kinds of role models?

24 - A Person You Enjoy Helping

Part 1

Weekends

1. What do you usually do at the weekend? (Why?)
2. Do you prefer busy or relaxing weekends? (Why?)
3. Have your weekends changed compared to the past? (Why?)
4. Do you like to plan your weekends in advance? (Why/Why not?)

Feeling confident

1. Do you usually feel confident? (Why/Why not?)
2. In what situations do you feel most confident?
3. Are there situations where you feel less confident?
4. Has your confidence changed recently? (Why?)

Being patient

1. Are you a patient person? (Why/Why not?)
2. In what situations do you need patience most?
3. How do you feel when you have to wait?
4. Has your patience changed over time? (Why?)

Part 2

Describe a person you enjoy helping.
You should say:

- who this person is
- how you help them
- how they respond to your help

and explain why you enjoy helping this person.

Rounding-off questions

1. Are you a helpful person?
2. Do people often help you?

Part 3

Helping Behaviour

1. Why do people sometimes help other people?
2. Is helping other people always done for the same reasons? (Why/Why not?)
3. Why can people sometimes feel pressured to help other people?
4. How can helping other people affect relationships?

Helping in Modern Society

5. Are people less willing to help strangers today than in the past? (Why/Why not?)
6. How has technology changed the way people organise help?
7. What role should governments play in encouraging volunteering?
8. What impact can helping behaviour have on society as a whole?

25 - A Person You Would Like to Thank

Part 1

Friends

1. How often do you meet your friends these days? (Why?)
2. Do you prefer meeting friends one-to-one or in groups? (Why?)
3. Have your friendships changed over time? (Why?)
4. What do you usually do together with your friends? (Why?)

Daily choices

1. Do you make many small choices every day? (Why/Why not?)
2. Which choices take the most thought? (Why?)
3. Do you enjoy having lots of choices? (Why?)
4. Has the way you make choices changed recently? (Why?)

Exercise

1. Do you exercise regularly? (Why/Why not?)
2. What kind of exercise do you enjoy most? (Why?)
3. Has your exercise routine changed recently? (Why?)
4. Do you prefer exercising indoors or outdoors? (Why?)

Part 2

Describe a person you would like to thank.
You should say:

- who this person is
- what they did for you
- how it affected you

and explain why you would like to thank them.

Rounding-off questions

1. Are you grateful to a lot of people?
2. Are many people grateful to you?

Part 3

Gratitude and Relationships

1. Why is expressing gratefulness important in close relationships?
2. Do people notice gratitude more when it is not shown often? (Why?/ Why not?)
3. Can being grateful improve mental well-being? (Why?)
4. Why do acts of kindness sometimes go unnoticed in relationships?

Gratitude in Society

5. Do people express gratitude less often than in the past? (Why/Why not?)
6. Why is it useful for children to learn how to express gratitude?
7. How does gratitude affect relationships at work?
8. In what ways can gratitude influence behaviour between people?

PLACES



26 - A Place You Enjoy Visiting

Part 1

Free Time

1. What do you usually do in your free time? (Why?)
2. Do you prefer spending free time indoors or outdoors? (Why?)
3. Do you usually spend your free time alone or with other people? (Why?)
4. Do you feel you have enough free time these days? (Why/Why not?)

Small Decisions

1. Do you make many small decisions each day?(Why/Why not?)
2. Which small decisions take you the longest?(Why?)
3. Do you prefer quick or careful decisions?(Why?)
4. Do you ever ask other people to help you make decisions? (Why/Why not?)

Relaxation

1. How do you usually relax? (Why?)
2. Do you find it easy to relax? (Why/Why not?)
3. When do you relax best, in the morning or at night? (Why?)
4. Do you relax differently at home and outside? (Why/Why not?)

Part 2

Describe a place you enjoy visiting.
You should say:

- where the place is
- how often you visit it
- what you do there

and explain why you enjoy visiting this place.

Rounding-off questions

1. Do you like visiting new places?
2. Are there any other places you would like to visit?

Part 3

Personal Preferences for Places

1. Why do people become attached to certain places?
2. Why do some people prefer familiar places while others enjoy discovering new ones?
3. How can the places people spend time in affect their mood?
4. Can a place feel special even after a short visit? (Why?)

Leisure and Lifestyle

5. Do people today spend enough time outside their homes? (Why/Why not?)
6. How have changes in work and technology affected the way people relax?
7. Why are leisure spaces important in cities?
8. How might people's choice of places to relax change in the future?

27 - A Place Where You Would Like to Live

Part 1

Feeling Productive

1. Do you usually feel productive during the day? (Why/Why not?)
2. When do you usually feel most productive? (Why?)
3. What things tend to make you less productive?(Why?)
4. Do you feel more productive at home or outside?(Why?)

Ending the Day

1. How do you usually end your day? (Why/Why not?)
2. What do you usually do before going to sleep?(Why?)
3. When do you start relaxing in the evening?(Why?)
4. Does having a routine help you relax at the end of the day?(Why/Why not?)

Personal Space

1. Is personal space important to you? (Why/Why not?)
2. When do you most need some personal space?(Why?)
3. Where do you usually go when you want to be alone?(Why?)
4. Do you prefer being alone or around other people?(Why?)

Part 2

Describe a place where you would like to live.
You should say:

- where the place is
- what it is like
- why you would like to live there

and explain how life there would be different from now.

Rounding-off questions

1. Are you happy with where you live now?
2. Do you want to move soon?

Part 3

Choosing a Place to Live

1. What factors most strongly influence where people choose to live?
2. Why are some people willing to pay more to live in particular areas?
3. How do housing preferences tend to change as people get older? (Why?)
4. Why does a sense of community matter to some people more than others?

Urban and Rural Living

5. Are rural areas becoming less attractive to young people? Why/Why not?
6. What advantages do cities offer in terms of quality of life? (Why?)
7. Should governments encourage people to live outside large cities? (Why/Why not?)
8. How might living environments change as cities continue to grow?

28 - A Place You Visited as a Child

Part 1

Morning Routine

1. What do you usually do first in the morning? (Why?)
2. Are you a morning person? (Why/Why not?)
3. Has your morning routine changed recently? (Why?)
4. Do you prefer calm or busy mornings? (Why?)

Films

1. Do you enjoy watching films? (Why/Why not?)
2. What type of films do you usually choose to watch? (Why?)
3. Where do you usually watch films? (Why?)
4. Do you often rewatch films you like? (Why?)

Home

1. Do you feel comfortable where you live? (Why/Why not?)
2. How long have you lived where you are now? (Why?)
3. Which part of your home do you like most? (Why?)
4. Would you like to change anything about your home? (Why/Why not?)

Part 2

Describe a place you visited as a child.
You should say:

- where the place was
- who you went with
- what you remember about it

and explain why this place is still memorable.

Rounding-off questions

1. Did you often visit places as a child?
2. Where there any places you didn't enjoy visiting?

Part 3

Childhood Experiences

1. Why are childhood experiences so memorable?
2. Do places play an important role in childhood memories? (Why?)
3. Can returning to childhood places trigger strong emotions in adults? (Why?/ Why not?)
4. Why might children today remember different kinds of experiences than past generations?

Changing Travel and Childhood

5. Do children travel more now than in the past? (Why/Why not?)
6. Has technology changed how children experience places? (How?)
7. Why do some parents place more importance on travel and exploration than others?
8. How important are childhood experiences in shaping adult personality?

29 - A Place That is Important in Your Country

Part 1

Small Annoyances

1. Do small things annoy you easily? (Why/Why not?)
2. What kinds of small things annoy you most? (Why?)
3. How do you usually react when something annoys you?(Why?)
4. Do you try to ignore small annoyances? (Why/Why not?)

Being Interrupted

1. Do you get interrupted often during the day? (Why/Why not?)
2. What usually interrupts you? (Why?)
3. How do you feel when you are interrupted? (Why?)
4. Do interruptions affect what you are doing? (Why/Why not?)

Doing Nothing

1. Do you ever do nothing on purpose? (Why/Why not?)
2. When do you usually do nothing? (Why?)
3. How do you feel when you are doing nothing? (Why?)
4. Do you think doing nothing is a waste of time? (Why/Why not?)

Part 2

Describe a place that is important in your country.
You should say:

- where the place is
- why it is important
- what people can see or do there

and explain why it matters to your country.

Rounding-off questions

1. Are there a lot of important places in your country?
2. Would you like to visit a lot of these places?

Part 3

National Identity

1. Why are certain places important for national identity?
2. How can famous places influence a country's reputation internationally? (Why?)
3. Why do national landmarks often become sources of pride for local people?
4. Why do people value visiting historic places rather than learning about history online?

Preservation and Tourism

5. Why do historic places attract large numbers of tourists?
6. What problems can arise when historic places receive large numbers of visitors?
7. Who should be responsible for protecting important national sites?
8. How could technology change the way people experience national landmarks in the future?

30 - A Place Where You Feel Relaxed

Part 1

Travel

1. Do you enjoy travelling? (Why/Why not?)
2. How often do you travel these days? (Why?)
3. Do you prefer short trips or long trips? (Why?)
4. Is travel more important to you now than in the past? (Why?)

Cooking

1. Do you enjoy cooking? (Why/Why not?)
2. What kind of meals do you usually cook? (Why?)
3. Do you feel confident when you cook? (Why?)
4. Do you prefer cooking alone or with other people? (Why?)

Technology at Home

1. Do you use much technology at home? (Why/Why not?)
2. Which device do you use most at home? (Why?)
3. What do you mainly use home technology for? (Why?)
4. Could you live with less technology at home? (Why/Why not?)

Part 2

Describe a place where you feel relaxed.
You should say:

- where the place is
- what it is like
- when you usually go there

and explain why this place helps you relax.

Rounding-off questions

1. Do you often feel relaxed?
2. Are there many places that relax you?

Part 3

Relaxation and Well-being

1. Why is relaxation important for mental health?
2. In what situations do people find it hardest to relax?
3. Why do natural environments often help people relax more than urban ones?
4. What effect can regular relaxation have on productivity?

Modern Life and Stress

5. Are people under more pressure today than in the past? Why/Why not?
6. In what ways has technology changed how people relax?
7. How can workplaces help employees relax more?
8. How might people manage stress differently in the future?

31 - A Place You Often Go To

Part 1

Working Style

1. Do you like having a fixed routine for work or study? (Why/Why not?)
2. What part of your work or study do you find most difficult?(Why?)
3. When do you usually work or study best? (Why?)
4. Do you prefer working at the same place every day? (Why/Why not?)

Evenings at Home

1. Where do you usually spend your evenings? (Why?)
2. What helps you feel comfortable in the evening? (Why?)
3. Do you like to do the same things every evening? (Why?)
4. Do evenings feel different from the rest of the day? (Why/Why not?)

Listening to Music

1. Do you listen to music while doing activities? (Why/Why not?)
2. What kinds music do you listen to regularly? (Why?)
3. How does music affect your mood? (Why?)
4. When do you choose silence instead of music? (Why/Why not?)

Part 2

Describe a place you often go to.
You should say:

- where the place is
- how often you go there
- what you usually do there

and explain why this place is important in your routine.

Rounding-off questions

1. Are there many places you go to regularly?
2. Do you spend a lot of time in familiar places?

Part 3

Familiar Places

1. Why do people return to the same places regularly?
2. How do familiar places change how people feel?
3. Why do people associate certain places with doing certain things?
4. How do people feel when familiar places change or disappear?

Routine and Modern Life

5. Are people's routines becoming more repetitive today? (Why/Why not?)
6. Has technology reduced the need to go to physical places? Why?
7. What makes it difficult for some people to break established routines?
8. How might daily routines change if more people work from home in the future?

32 - A Place You Would Recommend to Visitors

Part 1

Small Daily Preferences

1. Do you like doing things the same way each day? (Why/Why not?)
2. What small part of your day do you enjoy most? (Why?)
3. Do you notice small changes in your daily routine? (Why?)
4. Do small habits affect how your day feels? (Why/Why not?)

Minor Rules You Follow

1. Do you follow any personal rules in daily life? (Why/Why not?)
2. What kinds of personal rules do you follow most often? (Why?)
3. How do you feel when you break one of your own rules? (Why?)
4. Do these personal rules make your life easier or harder? (Why/Why not?)

Small Comforts

1. Are there any small things that make you feel comfortable each day? (Why/Why not?)
2. What usually makes you feel more comfortable at home? (Why?)
3. When do you most notice these small comforts? (Why?)
4. Do these small comforts affect how you feel during the day? (Why/Why not?)

Part 2

Describe a place you would recommend to visitors.
You should say:

- where the place is
- what people can see or do there
- who would enjoy visiting it

and explain why you would recommend this place.

Rounding-off questions

1. Do tourists often visit your country?
2. Do you enjoy being a tourist?

Part 3

Tourist Experiences

1. What makes a place attractive to tourists?
2. In what ways do tourists and local people use places differently?
3. What impact can tourism have on the character of a place?
4. How does tourism influence how places develop?

Sustainable Tourism

5. Is sustainable tourism more important today than in the past? (Why/Why not?)
6. Why do popular tourist areas often struggle with overcrowding?
7. What roles should governments play in managing tourism?
8. How might the way people travel change in the future because of environmental concerns?

33 - A Place That Has Changed a Lot

Part 1

Creative Free Time

1. Do you like doing creative activities? (Why/Why not?)
2. What kinds of creative things do you enjoy? (Why?)
3. When do you usually make time for these activities? (Why?)
4. Do creative activities help you relax? (Why/Why not?)

Phone Habits

1. Do you check your phone first thing in the morning? (Why/Why not?)
2. What do you usually use your phone for during the day? (Why?)
3. When do you try not to use your phone? (Why?)
4. Do you feel distracted when your phone is nearby? (Why/Why not?)

Learning Small Things

1. Do you like learning small bits of information? (Why/Why not?)
2. What kinds of small things do you learn most often? (Why?)
3. Where do you usually learn new things from? (Why?)
4. Does learning new things make your day more interesting? (Why/Why not?)

Part 2

Describe a place that has changed a lot.
You should say:

- where the place is
- what it was like in the past
- how it has changed

and explain how you feel about these changes.

Rounding-off questions

1. Has your hometown change a lot recently?
2. Do you think change is usually positive?

Part 3

Urban Development

1. Why do some areas experience rapid development while other places change slowly?
2. What challenges arise in areas that develop very quickly?
3. Who benefits most, and who is affected most, by urban development?
4. In what ways can rapid development change daily life in local communities?

Preserving Identity

5. Why is a city's character important to local residents?
6. What is lost when historic neighbourhoods are redeveloped?
7. Do people feel less connected to changing places? (Why/Why not?)
8. How might cities develop as populations continue to grow in the future?

34 - A Place You Would Like to Visit Again

Part 1

Reading Online

1. Do you read much online? (Why/Why not?)
2. What kind of online content do you usually read? (Why?)
3. Has online reading replaced printed reading for you? (Why?)
4. Do you find it easy to concentrate when reading online? (Why/Why not?)

Weekday Routine

1. What is a typical weekday like for you? (Why?)
2. Do you prefer busy or calm weekdays? (Why?)
3. Has your weekday routine changed recently? (Why?)
4. Do you like having a fixed routine during the week? (Why/Why not?)

Sleep Habits

1. Do you go to bed at the same time every night? (Why/Why not?)
2. Has your bedtime changed recently? (Why?)
3. Do you feel rested when you wake up? (Why/Why not?)
4. Do you try to improve your sleep habits? (Why/Why not?)

Part 2

Describe a place you would like to visit again.
You should say:

- where the place is
- when you visited it
- what you enjoyed most

and explain why you would like to return.

Rounding-off questions

1. Do you enjoy returning to places you have visited before?
2. Do you usually visit the same places when you travel?

Part 3

Repeat Travel

1. What factors encourage people to visit the same destination more than once?
2. Why do travellers often feel more confident when returning to a familiar place?
3. Why do people often notice different things when they visit a place for a second time?
4. How do travel choices change as people get older?

Travel Choices

5. Do people focus more on what they do while travelling than on where they go? (Why/Why not?)
6. Has sharing travel online affected how people experience their holidays? (Why/Why not?)
7. Why do some people choose slower forms of travel instead of faster ones? (Why?)
8. How could concern about the environment change the way people travel in the future?

35 - A Place You Feel Proud Of

Part 1

Coffee or Tea

1. Do you prefer coffee or tea? (Why?)
2. How often do you drink it? (Why?)
3. Has your preference changed over time? (Why?)
4. Do you usually drink it at home or outside? (Why?)

Being independent

1. Do you consider yourself an independent person? (Why/Why not?)
2. In what situations are you most independent? (Why?)
3. When do you ask for help?
4. Has your independence changed over time? (Why?)

Weather Today

1. Do you pay attention to the weather each day? (Why/Why not?)
2. Did today's weather affect what you do? (Why?)
3. Have you ever changed your plans because of the weather? (Why/Why not?)
4. Do you usually dress according to the weather? (Why?)

Part 2

Describe a place you feel proud of.
You should say:

- where the place is
- why it is important to you
- what it represents

and explain why you feel proud of this place.

Rounding-off questions

1. Are you proud of where you come from?
2. What makes people feel proud of a place?

Part 3

Place and Identity

1. Why do people feel proud of certain places?
2. In what ways can places shape how people see themselves?
3. What motivates people to take care of their local environment?
4. Why might pride be stronger in small communities than in large cities?

National and Local Pride

5. Why do some places come to represent a country or region?
6. Can excessive pride lead people to ignore problems in their area? Why?
7. Why might strong local pride make it harder for new people to feel welcome?
8. How might technology change people's sense of connection to places in the future?

36 - A Place That is Often Busy

Part 1

Studying English

1. Do you enjoy studying English? (Why/Why not?)
2. How often do you use English outside class? (Why?)
3. Has your confidence in English changed recently? (Why?)
4. Do you prefer speaking or writing in English? (Why?)

Feeling prepared for the future

1. Do you feel prepared for the future? (Why/Why not?)
2. What helps you feel prepared? (Why?)
3. What worries you most about the future?
4. Has your attitude to the future changed recently? (Why?)

Listening

1. Do you enjoy listening to other people talk? (Why/Why not?)
2. Do you think you are a good listener? (Why?)
3. Has your listening ability improved over time? (Why?)
4. Do you find listening tiring sometimes? (Why/Why not?)

Part 2

Describe a place that is often busy.
You should say:

- where this place is
- what kind of people go there
- what usually happens there

and explain how you feel when you are in this place.

Rounding-off questions

1. Do you live in a busy area?
2. Do you prefer busy or quiet places?

Part 3

Busy Places

1. Why do some places become very busy?
2. Do people react differently to busy places? (How?)
3. What problems can very busy places cause?
4. Are busy places always a sign of success? (Why/why not?)

Modern Lifestyles

5. Why do some public places attract large crowds while others do not?
6. How does life in large cities affect everyday habits?
7. Why is managing crowded areas difficult for city planners?
8. How might remote work change the use of busy public places in the future?

37 - A Place That Is Popular in Your Area

Part 1

Dealing with unexpected situations

1. Do you deal well with unexpected situations? (Why/Why not?)
2. What kind of situations surprise you most?
3. How do you usually react when plans change? (Why?)
4. Do you try to stay flexible when things do not go as planned? (Why?)

Exercise Outdoors

1. Do you exercise outdoors regularly? (Why/Why not?)
2. What kinds of outdoor exercise do you usually do? (Why?)
3. What makes exercising outdoors enjoyable or difficult for you? (Why?)
4. Do you prefer exercising outdoors or indoors? (Why?)

Neighbours

1. Do you know your neighbours well? (Why/Why not?)
2. Do you talk to your neighbours often? (Why?)
3. What are your neighbours like? (Why?)
4. Do you like living near other people? (Why/Why not?)

Part 2

Describe a place that is popular in your area.
You should say:

- where the place is
- why it is popular
- who usually goes there

and explain how this place affects local people.

Rounding-off questions

1. Are there a lot of popular places where you live?
2. Do you like visiting popular places?

Part 3

Popularity and Social Life

1. Why do some places become popular?
2. Does popularity always reflect quality? (Why/Why not?)
3. How can increased popularity change the atmosphere of a place?
4. How can popular places encourage social interaction? (Why?)

Impact on Communities

5. Why can popular places create tension between residents and visitors? (Why?)
6. Why is it difficult to control crowds in very popular places?
7. Why might long-term residents feel differently about a place after it becomes popular?
8. How might tourism and social media affect popular places in the long term?

38 - A Place That Is Difficult to Access

Part 1

Writing Messages

1. How often do you write messages?
2. Do you prefer short or long messages? (Why?)
3. Who do you usually write messages to? (Why?)
4. When you receive a message, do you usually reply quickly? (Why/Why not?)

Evening Activities

1. What do you usually do in the evening? (Why?)
2. Do you prefer relaxing or active evenings? (Why?)
3. Has your evening routine changed recently? (Why?)
4. Do you spend evenings alone or with other people? (Why?)

Planning Ahead

1. Do you like planning things in advance? (Why/Why not?)
2. What kinds of things do you usually plan? (Why?)
3. How often do you do things without planning? (Why?)
4. Do you prefer flexible or fixed plans? (Why?)

Part 2

Describe a place that is difficult to access.
You should say:

- where the place is
- why it is difficult to reach
- what people can see or do there

and explain whether it is worth the effort to go there.

Rounding-off questions

1. Do you like travelling to remote places?
2. Is it easy to travel around your country?

Part 3

Accessibility

1. Why are some places difficult for people to access?
2. Does difficulty of access increase a place's appeal? (Why/Why not?)
3. Why do governments or communities sometimes limit access to certain places?
4. How does accessibility affect tourism?

Development and Access

5. Why is improving access to remote areas often difficult?
6. Can development damage hard-to-reach places? (Why?)
7. Is it possible to increase access while protecting the natural environment? (Why/Why not?)
8. How might new technology change travel to remote or protected places in the future?

39 - A Place You Would Avoid

Part 1

Shopping Habits

1. Do you enjoy shopping these days? (Why/Why not?)
2. How often do you go shopping? (Why?)
3. What kind of things do you usually buy?(Why?)
4. Do you usually plan what you buy, or decide in the shop? (Why?)

Music While Working

1. Do you usually listen to music when you work or study? (Why/Why not?)
2. What kind of music helps you concentrate best?
3. How important is music when you're trying to focus?
4. Are there times when music makes it harder to work? (Why/Why not?)

Phone Apps

1. Do you use many apps on your phone? (Why/Why not?)
2. Which app do you use most often? (Why?)
3. What kinds of apps are most useful in your daily life? (Why?)
4. Do phone apps help you manage your time better? (Why/Why not?)

Part 2

Describe a place you would avoid.

You should say:

- where the place is
 - why you avoid it
 - what kind of people go there
- and explain how this place makes you feel.

Rounding-off questions

1. Are there any other places you prefer not to go to?
2. Do people often avoid certain places where you live?

Part 3

Avoidance and Perception

1. Why do some people not like to visit certain places?
2. Is avoidance always based on personal experience? (Why/Why not?)
3. How can media shape people's perceptions of places?
4. Is it reasonable to judge places without visiting them? (Why/Why not?)

Social and Urban Issues

5. What effects can negative reputations have on places?
6. What challenges are involved in improving places with bad reputations? (Why/Why not?)
7. What happens when people avoid certain areas of a city?
8. How can cities become safer and more welcoming?

40 - A Place That Helps You Focus

Part 1

Walking

1. Do you enjoy walking? (Why/Why not?)
2. How often do you go for walks? (Why?)
3. Where do you usually like to walk?
4. Do you prefer walking alone or with other people? (Why?)

Films at Home

1. Do you often watch films at home? (Why/Why not?)
2. What kinds of films do you usually watch at home? (Why?)
3. When do you normally watch films at home?
4. Do you prefer watching films alone or with other people? (Why?)

Staying calm

1. Do you usually stay calm under pressure? (Why/Why not?)
2. What kinds of situations make you feel stressed?
3. What do you usually do to relax when you feel stressed? (Why?)
4. Is it easy for you to stay calm in everyday life? (Why?)

Part 2

Describe a place that helps you focus.

You should say:

- where the place is
 - what it is like
 - when you usually go there
- and explain why this place improves your concentration.

Rounding-off questions

1. Where do you usually study or work?
2. Do you find it easy to concentrate at home?

Part 3

Focus and Performance

1. Why is focus important for productivity?
2. Do people find it harder to focus today? (Why?)
3. Why do some places support learning or work better than others?
4. What makes it difficult for people to maintain focus for long periods?

Modern Distractions

5. Has technology reduced people's attention spans? (Why/Why not?)
6. Why is it be difficult to create spaces where people can concentrate well?
7. When does technology distract people the most? (Why?)
8. How might modern lifestyles affect people's ability to focus in the future?

41 - A Place You Go to Exercise

Part 1

Studying at Home

1. How often do you study or work at home?
2. What helps you concentrate when you study at home?
3. Where do you usually prefer to study or work in your home?
4. Do you prefer studying alone or with other people? (Why?)

Daily Meals

1. How regular are your mealtimes?
2. Which meal do you enjoy the most during the day?
3. What do you usually eat for that meal?
4. Do you prefer eating alone or with other people? (Why?)

Keeping in Touch

1. How often do you keep in touch with friends or family?
2. Who do you usually contact most often?
3. What methods do you usually use to keep in touch?
4. Do you prefer messaging or calling? (Why?)

Part 2

Describe a place you go to exercise.
You should say:

- where the place is
- what kind of exercise you do there
- how often you go

and explain why you choose this place.

Rounding-off questions

1. Do you exercise regularly?
2. Where do people usually exercise in your area?

Part 3

Exercise and Well-being

1. Why is regular exercise important for physical and mental health?
2. What motivates people to exercise regularly?
3. Why do exercise habits formed in childhood often continue into adulthood?
4. How does exercise affect stress levels?

Fitness in Modern Society

5. Are modern lifestyles making people less active? (Why/Why not?)
6. What role do workplaces play in people's physical activity levels?
7. What impact has technology had on exercise habits?
8. How might fitness trends change as technology continues to develop?

42 - A Place You Go with Other People

Part 1

Quiet Time

1. Do you enjoy spending time alone? (Why/Why not?)
2. How often do you have quiet time during the day?
3. What do you usually do during quiet time?
4. Do you prefer having quiet time at home or outdoors? (Why?)

Learning New Things

1. Do you enjoy learning new things? (Why/Why not?)
2. What kinds of things do you enjoy learning?
3. How do you usually learn new things?
4. Do you prefer learning on your own or with other people? (Why?)

Feeling motivated by others

1. Do other people motivate you? (Why/Why not?)
2. Who motivates you the most?
3. In what ways do they motivate you?
4. Is it easier for you to stay motivated? (Why/Why not?)

Part 2

Describe a place you go with other people.
You should say:

- where the place is
- who you go with
- what you usually do there

and explain why this place is good for spending time together.

Rounding-off questions

1. Do you prefer going out alone or with other people?
2. What sort of places do you usually visit?

Part 3

Social Spaces

1. Why are shared spaces important for social interaction?
2. Do people need physical places to socialise today? (Why/Why not?)
3. Why do some places naturally bring people together?
4. Do different age groups use social spaces in different ways?

Group Activities and Society

5. Are people socialising less in public places today? (Why/Why not?)
6. Why do people still meet in physical spaces despite online communication?
7. Why is it difficult to create public spaces that suit different groups?
8. How might social spaces change as cities become more crowded in the future?

43 - A Place You Associate with Good Memories

Part 1

Watching Videos

1. How often do you watch videos online? (Why?)
2. What kinds of videos do you usually watch?
3. Where do you normally watch videos, at home or elsewhere?
4. Do you watch videos mainly for learning or for entertainment? (Why?)

Going Out

1. Do you like going out in the evening? (Why/Why not?)
2. How often do you go out at night? (Why?)
3. What do you usually do when you go out in the evening?
4. Do you prefer going out with friends or on your own? (Why?)

Being Organised

1. How organised do you usually feel in daily life?
2. What kinds of things do you like to keep organised?
3. How do you usually organise your time or tasks?
4. Is it important for you to stay organised? (Why/Why not?)

Part 2

Describe a place you associate with good memories.
You should say:

- where the place is
- what happened there
- when you went there

and explain why this place is special to you.

Rounding-off questions

1. Do places often remind you of good memories?
2. Do you enjoy talking about old memories?

Part 3

Memory and Place

1. What kinds of experiences make places easier to remember?
2. Why do childhood places often remain memorable for a long time?
3. Can memories change how people see places over time? (Why?)
4. Is it important to preserve places with personal meaning?

Memories and Modern Life

5. Do people use photos or videos more often to remember places nowadays? (Why/Why not?)
6. Has technology changed how people remember places they visit? (Why?)
7. How might technology change the way people remember places in the future?
8. Will people rely less on their own memories of places in the future? (Why/Why not?)

44 - A Place You Go to Think

Part 1

Pets

1. Do you have a pet at the moment? (Why/Why not?)
2. What kind of pets are popular in your country? (Why?)
3. Did you have any pets when you were a child? (Why/Why not?)
4. What do you enjoy most about having a pet? (Why?)

Staying Healthy

1. How important is staying healthy to you? (Why?)
2. What do you usually do to stay healthy?
3. Which healthy habits are easiest for you to maintain?
4. Is it easy for you to keep a healthy routine? (Why/Why not?)

End of the Day

1. How do you usually feel at the end of the day? (Why?)
2. What do you normally do in the evening? (Why?)
3. Do you have a routine before going to bed? (Why/Why not?)
4. What helps you relax at the end of the day? (Why?)

Part 2

Describe a place you go to think.
You should say:

- where the place is
- what it is like
- when you usually go there

and explain why this place helps you think clearly.

Rounding-off questions

1. Do you enjoy spending time alone?
2. Where do you usually go to get some quiet time?

Part 3

Thinking and Environment

1. Why do people think differently in different surroundings?
2. Do quiet places encourage deeper thinking? (Why?)
3. What effect can changing surroundings have on the way people think?
4. Is deep thought becoming less common? (Why?)

Thinking in a Fast World

5. Are people under pressure to think quickly today? (Why/Why not?)
6. Has technology reduced people's ability to think deeply? (Why?)
7. What role does education play in developing thinking skills?
8. How might fast-paced lifestyles affect the way people think in the future?

45 - A Place You Consider Beautiful

Part 1

Listening to Podcasts

1. Do you listen to podcasts? (Why/Why not?)
2. What kind of podcasts do you enjoy? (Why?)
3. How often do you listen to podcasts? (Why?)
4. When do you usually listen to podcasts? (Why?)

Mornings at Home

1. Do you usually spend your mornings at home? (Why/Why not?)
2. What do you like doing at home in the morning? (Why?)
3. How busy are your mornings at home? (Why?)
4. Do you prefer quiet or busy mornings at home? (Why?)

Using the Internet

1. How often do you use the internet?
2. What do you mainly use the internet for? (Why?)
3. Where do you usually access the internet? (Why?)
4. Could you live without the internet for a day? (Why/Why not?)

Part 2

Describe a place you consider beautiful.
You should say:

- where the place is
- what it looks like
- when you first saw it

and explain why you find this place beautiful.

Rounding-off questions

1. Do you enjoy visiting beautiful places?
2. Would you like to visit beautiful places more often?

Part 3

Beauty and Perception

1. Why do people value beauty in places?
2. Does everybody find the same things beautiful? (Why?)
3. How can beautiful surroundings influence behaviour?
4. Why is beauty sometimes overlooked in city design?

Beauty in the Modern World

5. Are people less sensitive to beauty today? (Why/Why not?)
6. Has social media changed how people see beauty? (Why?)
7. Why do growing cities often lose their character? (Why/Why not?)
8. How might technology influence ideas of beauty in the future?

OCCASIONS



46 - A Special Occasion You Celebrated

Part 1

Spending Money

1. Do you enjoy spending money? (Why/Why not?)
2. What kinds of things do you usually spend money on? (Why?)
3. Are you careful with money? (Why?/ Why not?)
4. Do you prefer saving money or spending it? (Why?)

Eating Out

1. Do you like eating out? (Why/Why not?)
2. How often do you eat out? (Why?)
3. What kind of restaurants do you like? (Why?)
4. Do you prefer eating out with friends or family? (Why?)

Being on Time

1. Are you usually on time? (Why/Why not?)
2. How do you feel when you arrive late somewhere? (Why?)
3. What usually causes people to be late? (Why?)
4. Do you plan your time carefully? (Why/Why not?)

Part 2

Describe a special occasion you celebrated.
You should say:

- what the occasion was
- who you celebrated it with
- what you did

and explain why this occasion was meaningful to you.

Rounding-off questions

1. Do you often celebrate special occasions?
2. Do you usually celebrate with friends or family?

Part 3

Meaning of Celebrations

1. Why do people celebrate important occasions?
2. Do celebrations help strengthen relationships? (How?)
3. Do traditional celebrations still matter to people today? (Why/Why not?)
4. Why do celebrations often have an emotional impact on people?

Celebrations in Modern Life

5. Do people celebrate important events differently than in the past? (Why/Why not?)
6. Has social media changed the way people celebrate? (Why?)
7. Why can celebrations sometimes cause pressure or stress?
8. Are celebrations becoming more private or more public today? (Why?)

47 - An Important Event in Your Life

Part 1

Watching TV

1. How often do you watch TV?
2. What kinds of programmes do you usually watch? (Why?)
3. When do you usually watch TV, during the day or in the evening? (Why?)
4. Do you prefer watching TV alone or with other people? (Why?)

Quiet Places

1. Do you enjoy spending time in quiet places? (Why/Why not?)
2. Where do you usually go when you want some quiet time? (Why?)
3. What do you usually do in quiet places? (Why?)
4. Do quiet places help you relax? (Why/Why not?)

Taking Breaks

1. How often do you take breaks during the day?
2. What do you usually do during your breaks? (Why?)
3. When do you usually take breaks, at fixed times or when you feel tired? (Why?)
4. Do breaks help you concentrate better? (Why/Why not?)

Part 2

Describe an important event in your life.
You should say:

- what the event was
- when it happened
- why it was important

and explain how it affected you.

Rounding-off questions

1. Have you experienced any important events recently?
2. Do you tend to experience a lot of important events?

Part 3

Life Milestones

1. Why are certain events considered milestones in life?
2. Do people value personal achievements more than professional ones? (Why?)
3. Are people following more varied life paths nowadays (Why/Why not?)
4. Why do some life events lead people to change direction in life?

Personal Development

5. Why do some life events have a stronger impact on people than others?
6. How do people usually emotionally respond to major changes in their lives?
7. What kinds of changes do people often make after important life events?
8. Do people usually change gradually or suddenly after major life events? (Why/Why not?)

48 - A Public Event You Attended

Part 1

Learning Online

1. Do you often learn things online? (Why/Why not?)
2. What kinds of things do you usually learn online? (Why?)
3. What do you usually use when you learn something online? Why?)
4. Do you prefer learning online or learning in person? (Why?)

Daily Walking

1. How often do you go for walks?
2. Where do you usually walk? (Why?)
3. What do you enjoy most about walking? (Why?)
4. Do you prefer walking alone or with other people? (Why?)

Staying at Home

1. Do you like staying at home? (Why/Why not?)
2. How often do you spend the whole day at home? (Why?)
3. What do you usually do when you stay at home for a long time? (Why?)
4. Do you feel productive when you stay at home? (Why/Why not?)

Part 2

Describe a public event you attended.
You should say:

- what the event was
- where it took place
- who you went with

and explain why this event was memorable.

Rounding-off questions

1. Do you like attending public events?
2. What kinds of events are popular in your area?

Part 3

Public Events and Society

1. Why are public events important for communities?
2. Why do public events often attract people from different backgrounds?
3. Are public events equally accessible to everyone? (Why/Why not?)
4. How can public events benefit local economies?

Events in the Modern World

5. Are public events becoming more commercialised? (Why/Why not?)
6. Has online streaming changed people's interest in attending live events? (Why?)
7. What practical challenges are involved in organising large public events?
8. What do public events offer that online experiences cannot?

49 - A Family Celebration You Remember Well

Part 1

Being adaptable

1. Do you adapt easily to new situations? (Why/Why not?)
2. What kind of changes do you find hardest to adapt to?
3. How do you usually deal with change in daily life? (Why?)
4. Can you remember a time when you had to adapt quickly?

Daily Planning

1. Do you usually plan your day in advance? (Why/Why not?)
2. Which parts of your day do you usually plan? (Why?)
3. Has planning become more important to you recently? (Why?)
4. Do you feel more relaxed when you have a plan? (Why/Why not?)

Using Apps

1. Do you use many apps on your phone? (Why/Why not?)
2. Which app do you use most often? (Why?)
3. Have you downloaded any new apps recently? (Why?)
4. Do apps help you save time? (Why/Why not?)

Part 2

Describe a family celebration you remember well.
You should say:

- what the celebration was
- who was there
- what made it special

and explain why you remember it clearly.

Rounding-off questions

1. Do families often celebrate events together?
2. What family events are common in your country?

Part 3

Family Bonds

1. Why are family celebrations considered important for maintaining relationships?
2. How do family celebrations encourage communication between relatives?
3. Can regular family celebrations help prevent misunderstandings or conflict? (Why/Why not?)
4. How do family celebrations affect the way relatives interact with each other?

Changing Family Life

5. Are families today as close as they were in the past? (Why/Why not?)
6. Has modern lifestyle reduced opportunities for family celebrations? (Why?)
7. Do smaller families celebrate differently than larger families? (Why?)
8. How might technology change how families celebrate together in the future?

50 - An Occasion That Made You Feel Proud

Part 1

Spending Time with Family

1. Do you spend much time with your family? (Why/Why not?)
2. What do you usually do together? (Why?)
3. Would you like to spend more time with your family? (Why?)
4. Do you prefer small or large family gatherings? (Why?)

Daily News

1. Do you follow the news every day? (Why/Why not?)
2. Where do you usually get your news from? (Why?)
3. What kind of news interests you most? (Why?)
4. Do you prefer reading or watching the news? (Why?)

Relaxing at Home

1. Is it easy for you to relax at home? (Why/Why not?)
2. When you want to relax at home, what do you do first?(Why?)
3. Has your way of relaxing changed recently? (Why?)
4. Do you need quiet to relax? (Why/Why not?)

Part 2

Describe an occasion that made you feel proud.
You should say:

- what the occasion was
- what you did
- who was involved

and explain why this occasion made you feel proud.

Rounding-off questions

1. Do you often feel proud of your achievements?
2. Do you enjoy talking about your success?

Part 3

Achievement and Personal Drive

1. Why do people want to feel successful in what they do?
2. What kinds of achievements tend to motivate people the most?
3. Why do some people feel motivated by personal goals rather than external rewards?
4. Can success sometimes reduce motivation instead of increasing it? (Why?)

Recognition and Social Behaviour

5. Why do some people care about how other people see their achievements?
6. How does recognition from others affect people's confidence or behaviour?
7. Why can competition motivate some people but discourage other people?
8. Which is more motivating for most people: personal satisfaction or recognition from other people? (Why/Why not?)

51 - A Time When You Helped Someone

Part 1

Watching Short Videos

1. Do you watch short videos online? (Why/Why not?)
2. When do you usually watch short videos (Why?)
3. What kinds of short videos do you watch most often? (Why?)
4. Do you find short videos more relaxing or distracting? (Why?)

Going Shopping for Food

1. Do you enjoy shopping for food? (Why/Why not?)
2. How often do you buy food? (Why?)
3. Where do you usually shop for food? (Why?)
4. Do you prefer shopping for food alone or with other people? (Why?)

Using Time Wisely

1. Do you feel you use your time well? (Why/Why not?)
2. What activities take up most of your time? (Why?)
3. When do you feel your time is most productive? (Why?)
4. Are there times when you feel you waste time? (Why/Why not?)

Part 2

Describe an time when you helped someone.

You should say:

- who you helped
- what the situation was
- how you helped

and explain why this occasion was important to you.

Rounding-off questions

1. Do you often help people?
2. How often do people help you?

Part 3

Helping Behaviour

1. Why do some people feel a strong urge to help other people?
2. What situations make people more likely to offer help?
3. Why do people sometimes feel they have to help rather than choosing to?
4. How can helping others affect the person who gives help?

Helping in Society

5. Why are people sometimes hesitant to help strangers?
6. What role does education play in shaping attitudes towards helping other people?
7. How has technology changed the ways people offer help?
8. What factors affect how supportive people are within a community?

52 - A Time When You Learned Something New

Part 1

Listening in Class

1. Do you find it easy to listen in class or meetings? (Why/Why not?)
2. What helps you concentrate when listening? (Why?)
3. Has your listening ability improved over time? (Why?)
4. Do you feel tired after listening for a long time? (Why/Why not?)

Ending tasks

1. Do you usually finish tasks you start? (Why/Why not?)
2. What helps you complete tasks? (Why?)
3. What usually stops you from finishing things?
4. Has your ability to finish tasks changed recently? (Why?)

End of the Week

1. How do you usually feel at the end of the week? (Why?)
2. Do you do anything special at the end of the week? (Why/Why not?)
3. Do you like to do something different every weekend?(Why?)
4. Do you like to finish tasks before the weekend? (Why/Why not?)

Part 2

Describe a time when you learned something new.
You should say:

- what you learned
- where you learned it
- why you decided to learn it

and explain why this learning experience was important.

Rounding-off questions

1. Do you enjoy learning new things?
2. Where do people usually learn new skills?

Part 3

Learning Experiences

1. Why do people remember some learning experiences clearly?
2. Is learning by doing more effective than learning by reading? (Why?)
3. Do people learn better from success or failure? (Why?)
4. Can learning new things change a person's confidence?

Learning in Modern Life

5. Do people have more opportunities to learn today than in the past? (Why/Why not?)
6. In what ways has technology influenced how people learn new skills?
7. Why do some adults choose formal education instead of learning independently?
8. How might learning experiences change in the future?

53 - An Occasion When You Felt Nervous

Part 1

Using Public Spaces

1. Do you spend much time in public spaces? (Why/Why not?)
2. Which public space do you visit most often? (Why?)
3. Do you mostly use public spaces in your free time or when you are busy? (Why?)
4. Do you prefer busy or quiet public spaces? (Why?)

Keeping Things Tidy

1. Do you like keeping your things tidy? (Why/Why not?)
2. How often do you tidy your space? (Why?)
3. What usually motivates you to tidy up? (Why?)
4. Does tidiness affect how you feel? (Why/Why not?)

Taking Photos

1. Do you take photos often? (Why/Why not?)
2. What do you usually take photos of? (Why?)
3. Do you usually take photos for yourself or for sharing? (Why?)
4. What makes you decide to share a photo? (Why/Why not?)

Part 2

Describe an occasion when you felt nervous.
You should say:

- what the situation was
- why you felt nervous
- how you dealt with it

and explain what you learned from this experience.

Rounding-off questions

1. Do you get nervous easily?
2. When do you get most nervous?

Part 3

Nervousness and Performance

1. Why do people feel nervous in important situations?
2. In what ways can nervousness influence our work or study performance?
3. Why can nervousness sometimes affect people differently?
4. Is nervousness more common among younger people than older people? Why? Why?

Pressure in Modern Life

5. Are people under more pressure today than in the past? (Why/Why not?)
6. How does competition influence levels of nervousness? Why?
7. Should schools teach stress management skills? (Why?)
8. What could help people cope with pressure better in the future?

54 - An Occasion When You Were Surprised

Part 1

Using Email

1. How often do you use email in your daily life? (Why/Why not?)
2. What do you usually use email for? (Why?)
3. Is email easy or inconvenient for you to use? (Why?)
4. Do you prefer email or messaging apps? (Why?)

Daily Energy Levels

1. Do you usually have enough energy during the day? (Why/Why not?)
2. When do you feel most energetic? (Why?)
3. What kinds of things tend to make you feel tired? (Why?)
4. Do you do anything to improve your energy? (Why/Why not?)

Ending the Day

1. How do you usually end your day? (Why?)
2. Do you have a routine before going to bed? (Why/Why not?)
3. Has your end-of-day routine changed recently? (Why?)
4. How do you feel about your day when you are about to sleep? (Why/Why not?)

Part 2

Describe an occasion when you were surprised.
You should say:

- what happened
- where it happened
- how you felt

and explain why this surprise was memorable.

Rounding-off questions

1. Do you like surprises?
2. Are surprises usually positive?

Part 3

Surprise and Emotion

1. Why do surprises sometimes create strong emotions?
2. Are positive surprises more memorable than negative ones? (Why?)
3. Can surprises strengthen relationships? How?
4. Do people enjoy unexpected events more as they get older?

Unexpected Events in Life

5. Are people less welcoming to surprises nowadays? (Why/Why not?)
6. Has modern life reduced unexpected experiences? (Why?)
7. Why do some people prefer predictable situations while others enjoy the unexpected?
8. Do people react to surprises in different ways?

55 - A Time When You Made a Decision

Part 1

Morning Drinks

1. Do you usually drink something in the morning? (Why/Why not?)
2. What do you like to drink in the morning? (Why?)
3. Is your morning drink an important part of your routine? (Why?/Why not?)
4. How do you feel if you skip your morning drink? (Why/Why not?)

Messages with friends

1. Do you message your friends every day? (Why/Why not?)
2. Who do you message most often? (Why?)
3. What do you usually talk about when you message friends? (Why?)
4. Do you prefer long or short messages? (Why?)

Looking ahead

1. Do you often think about the future? (Why/Why not?)
2. What do you usually think about when you consider the future? (Why?)
3. Does thinking about the future make you feel positive or worried? (Why?)
4. Are you more focused on the present or the future? (Why?)

Part 2

Describe a time when you made an important decision.
You should say:

- what the decision was
- why you had to make it
- what happened afterwards

and explain why this decision was important.

Rounding-off questions

1. Do you find it easy to make decisions?
2. Do you usually decide quickly or slowly?

Part 3

Decision-Making

1. Why is decision-making difficult for many people?
2. Does experience improve decision-making? (Why?)
3. What role do emotions play in decision-making? (Why?)
4. Can people learn to make better decisions?

Decisions in Modern Society

5. Do people have more choices today than in the past? (Why/Why not?)
6. In what ways has technology affected how people make decisions?
7. Why are some people afraid of making the wrong decision?
8. How does having a lot of choices affect people's confidence in their decisions?

56 - A Time When You Gave Advice

Part 1

Studying at Home

1. Do you study at home often? (Why/Why not?)
2. Where do you usually study at home? (Why?)
3. Is it easy for you to concentrate when you study at home? (Why?)
4. Do you prefer studying alone or with other people? (Why?)

Free Evenings

1. Do you usually have free time in the evening? (Why/Why not?)
2. What do you like doing in the evening? (Why?)
3. Do your evenings follow a regular routine? (Why?)
4. Do you prefer quiet evenings or more active evenings? (Why?)

People you admire

1. Is there someone you admire? (Why?)
2. How did you first hear about this person?
3. What qualities do you admire most in them? (Why?)
4. Do you think about this person often? (Why?)

Part 2

Describe a time when you gave advice to someone.
You should say:

- who you gave advice to
- what the situation was
- what advice you gave

and explain why you decided to give this advice.

Rounding-off questions

1. Do people often ask you for advice?
2. Do you prefer giving or receiving advice?

Part 3

Giving and Receiving Advice

1. Why do people seek advice from other people?
2. When is advice most likely to be useful to someone? (Why?)
3. How can advice be given without offending people?
4. How do people decide whether to follow advice or ignore it?

Advice in Modern Society

5. Do people rely more on online advice today than in the past? (Why/Why not?)
6. What differences are there between professional advice and advice from friends or family?
7. What problems can receiving too much advice cause?
8. How has the internet changed the advice people receive today?

57 - A Time When You Worked as Part of a Team

Part 1

Daily Planning

1. Do you plan your day in advance? (Why/Why not?)
2. What do you usually plan first? (Why?)
3. How important is planning in your daily routine? (Why?)
4. Do you feel stressed without a plan? (Why/Why not?)

Short Breaks

1. Do you take short breaks during the day? (Why/Why not?)
2. What do you usually do during a break? (Why?)
3. How often do you take breaks on a busy day? (Why?)
4. Do breaks help you focus better? (Why/Why not?)

Using your Phone

1. Do you use your phone a lot during the day? (Why/Why not?)
2. What do you mainly use your phone for? (Why?)
3. When do you usually use your phone the most? (Why?)
4. Do you ever try to limit your phone use? (Why/Why not?)

Part 2

Describe a time when you worked as part of a team.
You should say:

- what the team was doing
- who was in the team
- what your role was

and explain why this experience was important.

Rounding-off questions

1. Do you enjoy working in a team?
2. When do you usually work in teams?

Part 3

Team Dynamics

1. What makes a team successful?
2. How have the skills needed for teamwork changed over time? (Why?)
3. In what ways can teamwork help people solve problems more effectively?
4. What problems commonly occur in teams?

Teamwork in the Workplace

5. Do employers value teamwork enough? (Why/Why not?)
6. How does remote teamwork differ from face-to-face teamwork?
7. Should teamwork be taught in schools? (Why?)
8. How might teamwork change in the future?

58 - A Time When You Had to Wait

Part 1

Watching Films

1. Do you enjoy watching films? (Why/Why not?)
2. What type of films do you usually choose to watch? (Why?)
3. Where do you usually watch films, at home or somewhere else? (Why?)
4. Is watching films an important part of your free time? (Why?)

Staying Healthy

1. Do you try to stay healthy? (Why/Why not?)
2. What healthy habits do you have? (Why?)
3. How easy is it for you to maintain these habits? (Why?)
4. Does staying healthy affect how you feel day to day? (Why/Why not?)

Friends

1. Do you have a close friend? (Why/Why not?)
2. How often do you see or talk to this friend? (Why?)
3. What do you usually do together? (Why?)
4. Has your friendship changed over time? (Why?)

Part 2

Describe a time when you had to wait for something important.
You should say:

- what you were waiting for
- how long you waited
- how you felt during this time

and explain what you learned from this experience.

Rounding-off questions

1. Are you a patient person?
2. Where do people usually have to wait?

Part 3

Patience and Behaviour

1. Why do people find waiting difficult?
2. Is patience an important life skill? (Why?)
3. How can waiting affect people's mood or behaviour?
4. Should children be taught patience? (Why?)

Waiting in Modern Life

5. Are people less patient now than in the past? (Why/Why not?)
6. Has technology made waiting more stressful? (Why?)
7. What helps people stay calm while waiting? (Why?)
8. How might people's attitudes to waiting change in the future?

59 - A Time When You Took a Risk

Part 1

Quiet Time

1. Do you enjoy having quiet time? (Why/Why not?)
2. When do you usually have quiet time? (Why?)
3. Has quiet time become more important to you recently? (Why?)
4. Do you prefer quiet time at home or outside? (Why?)

Using Notes or Lists

1. Do you often use notes or lists in your daily life? (Why/Why not?)
2. What kinds of things do you usually make notes or lists about?
3. Do you prefer writing notes by hand or using your phone? (Why?)
4. Do notes or lists help you stay organised? (Why/Why not?)

Online Videos

1. Do you watch videos online every day? (Why/Why not?)
2. What kind of videos do you usually watch? (Why?)
3. Is there a video you would like to watch soon? (Why?)
4. Do you watch videos to relax or learn? (Why?)

Part 2

Describe a time when you took a risk.
You should say:

- what the risk was
- why you decided to take it
- what the result was

and explain whether you would take the same risk again.

Rounding-off questions

1. Do you like taking risks?
2. When do you usually take risks?

Part 3

Risk and Growth

1. Why do people take risks?
2. Can taking risks lead to personal growth? (How?)
3. In what situations are people more willing to take risks? (Why?)
4. Do people's attitudes to risk depend on where they grow up? (Why?)

Risk in Modern Society

5. Do modern lifestyles encourage or discourage risk-taking? (Why?)
6. How has technology made some activities feel less risky?
7. Should young people be encouraged to take risks? (Why/Why not?)
8. Do you think people take different kinds of risks now compared to the past? (Why?)

60 - A Time When You Tried Something New

Part 1

Weekday Routine

1. Do your weekdays usually follow a routine? (Why/Why not?)
2. What part of your weekday do you like most? (Why?)
3. Would you find weekdays harder without a routine? (Why?)
4. Do you prefer busy or calm weekdays? (Why?)

Using Apps

1. Do you use apps every day? (Why/Why not?)
2. Which app do you use most often? (Why?)
3. What do you mainly use apps for in your daily life? (Why?)
4. Do apps help you organise your day? (Why/Why not?)

Family time

1. Do you spend much time with your family? (Why/Why not?)
2. Who do you spend the most time with? (Why?)
3. What kinds of activities do you usually do together? (Why?)
4. Is spending time with family important to you? (Why?)

Part 2

Describe a time when you tried something new.
You should say:

- what you tried
- why you decided to try it
- how you felt about the experience

and explain why this experience was meaningful.

Rounding-off questions

1. Do you like trying new things?
2. How often do you try new things?

Part 3

New Experiences and Personal Development

1. Why do people enjoy trying new experiences?
2. Can trying new things increase confidence? (How?)
3. Do people usually learn more from success or failure? (Why?)
4. What can stop people from trying new experiences?

Change in Modern Life

5. Are people more open to new experiences today? (Why/Why not?)
6. Has technology encouraged people to try new things? (Why?)
7. Can fear affect people's willingness to change or grow? (Why?)
8. Do people usually change because they want to, or because they have to?

THINGS



61 - Something You Use Every Day

Part 1

Reading Online

1. Do you read articles online? (Why/Why not?)
2. What kind of topics do you read about online? (Why?)
3. Do you think reading online is a good way to get information? (Why?)
4. Do you prefer reading online or on paper? (Why?)

Small Daily Treats

1. Do you enjoy having small daily treats? Why/Why not?
2. What kinds of small treats do you usually have during the day? Why?
3. When do you usually enjoy these small treats? Why?
4. Do small treats help improve your mood? Why/Why not?

Health

1. Do you think your health is important? (Why?)
2. What do you do to stay healthy? (Why?)
3. Is it easy for you to stay healthy? (Why?)
4. Has your attitude to health changed recently? (Why?)

Part 2

Describe something you use every day.
You should say:

- what the object is
- where you got it
- how you use it

and explain why this object is important to you.

Rounding-off questions

1. Do you use many things every day?
2. Is there anything you can't live without?

Part 3

Everyday Objects

1. Why do people become attached to everyday things?
2. Do the things people own reflect their lifestyles? (Why?)
3. How can simple objects make daily life easier for people?
4. Do digital devices encourage people to rely less on their own skills? (Why/Why not?)

Technology and Daily Life

5. Has technology increased people's reliance on everyday things? (Why/Why not?)
6. Do people replace things more often nowadays than in the past? (Why?)
7. Do you think it is difficult for people to live with fewer things? (Why/Why not?)
8. How might the things we own change as technology continues to develop?

62 - Something That Is Important to You

Part 1

Working at Home

1. Do you work or study at home often? (Why/Why not?)
2. Do you find it easy to concentrate at home? (Why?)
3. What usually helps you concentrate when you are at home? (Why?)
4. Do you prefer working at home or elsewhere? (Why?)

Goals

1. Do you set goals for yourself? (Why/Why not?)
2. What kind of goals do you usually set? (Why?)
3. How do you feel when you reach a goal?
4. Is it important for you to have goals in life? (Why?)

End of the Day

1. How do you usually feel at the end of the day? (Why?)
2. Do you relax before going to bed? (Why/Why not?)
3. What do you usually do to relax in the evening? (Why?)
4. Do you like thinking about what you did during the day? (Why/Why not?)

Part 2

Describe something that is important to you.
You should say:

- what the object is
- how long you have had it
- what it is used for

and explain why this object matters to you.

Rounding-off questions

1. Are many items important to you?
2. Do you keep things when they are no longer important?

Part 3

Value of Objects

1. Why do people value some everyday things more than other people?
2. Is emotional value sometimes stronger than financial value? (Why?)
3. Why do people form emotional attachments to certain things?
4. Can losing an important thing affect how people feel? (Why?)

Consumer Behaviour

5. Do people today feel more pressure to buy new things than in the past? (Why/Why not?)
6. Does advertising influence what people think is valuable? Why?
7. Do some people buy more things than they really need? (Why/Why not?)
8. How do you think people's attitudes to buying and owning things might change over time?

63 - A Thing You Would Like to Buy

Part 1

Walking

1. Do you enjoy walking? (Why/Why not?)
2. How often do you go for walks? (Why?)
3. Has walking become more important to you recently? (Why?)
4. Do you prefer walking alone or with other people? (Why?)

Music and Mood

1. Does music affect your mood? (Why/Why not?)
2. What kind of music improves your mood? (Why?)
3. When do you usually listen to music? (Why?)
4. Do you listen to music when you feel stressed? (Why/Why not?)

Using Time

1. Do you feel you use your time well? (Why/Why not?)
2. What activities take most of your time? (Why?)
3. Is it easy or difficult for you to manage your time? (Why?)
4. Do you try to avoid wasting time? (Why/Why not?)

Part 2

Describe a thing you would like to buy.
You should say:

- what the object is
- why you want to buy it
- when you might buy it

and explain how this object would be useful to you.

Rounding-off questions

1. Do you like to buy a lot of things?
2. Have you ever regretted buying something?

Part 3

Consumer Choices

1. Why do people want new things?
2. Do people find it harder to tell what they really need compared to what they want? (Why?)
3. Do people make rational buying decisions? (Why/Why not?)
4. Can owning new things improve quality of life? (Why?)

Modern Consumption

5. Are people encouraged to buy too much today? (Why/Why not?)
6. Has online shopping increased impulsive buying? (Why?)
7. How could consumers be more environmentally responsible?
8. How might shopping habits change in the future?

64 - Something You Lost

Part 1

Remembering Names

1. Are you good at remembering people's names? (Why/Why not?)
2. Whose names do you find easiest to remember? (Why?)
3. Do you use any methods to help you remember names? (Why/Why not?)
4. How do you feel when you forget someone's name? (Why?)

Listening Skills

1. Do you think you are a good listener? (Why/Why not?)
2. Do you find listening tiring sometimes? (Why?)
3. In what situations do you need to listen carefully?(Why?)
4. Do you prefer listening or speaking? (Why?)

The Environment

1. Do you enjoy spending time in nature? (Why/Why not?)
2. Are there many green spaces where you live?
3. How has the environment in your area changed in recent years?
4. What kinds of pollution are common in your country?

Part 2

Describe something you lost.
You should say:

- what the object was
- where you lost it
- how you felt when you realised

and explain whether you found it again or not.

Rounding-off questions

1. Do you often lose things?
2. Have you ever lost anything valuable?

Part 3

Loss and Behaviour

1. Why do people feel upset when they lose things?
2. Is losing something usually more emotional or more practical? Why?
3. Can losing things teach people to be more responsible? How?
4. Do people react differently when they lose something valuable compared to something inexpensive? (Why?)

Managing Possessions

5. Are people more careless with possessions nowadays (Why/Why not?)
6. Has technology helped people keep track of their belongings more effectively? (Why?)
7. Do people sometimes own more things than they can manage comfortably? (Why/Why not?)
8. What makes it difficult for people to look after all the things they own?

65 - Something You Repaired

Part 1

Morning Habits

1. Do you usually wake up early? (Why/Why not?)
2. What is the first thing you do after waking up? (Why?)
3. Do you have a fixed morning routine? (Why?/Why not?)
4. Do you like slow or busy mornings? (Why?)

Using Social Media

1. Do you use social media every day? (Why/Why not?)
2. Which platform do you use most? (Why?)
3. When do you usually check social media during the day? (Why?)
4. Do you sometimes spend longer on social media than you plan to? (Why/Why not?)

Reading for Pleasure

1. Do you enjoy reading books? (Why/Why not?)
2. What kinds of things do you enjoy reading most? (Why?)
3. When do you usually read for pleasure? (Why?)
4. Do you prefer reading at home or elsewhere? (Why?)

Part 2

Describe something you repaired.
You should say:

- what the thing was
- why it needed repairing
- how you repaired it

and explain how you felt after repairing it.

Rounding-off questions

1. How often do you repair things?
2. Do you prefer to buy new things or repair old things?

Part 3

Repair and Sustainability

1. Why do some people choose to repair things instead of replacing them?
2. Do many people today have the skills needed to repair things? (Why/Why not?)
3. Should companies design products that are easier to repair? (Why?)
4. Can repairing things influence how people think about buying and using things?

Future of Repair

5. Will repairing become more common in the future? (Why/Why not?)
6. Has technology made repairing easier or harder? (Why?)
7. Should governments support repair services? (Why/Why not?)
8. How do you think people's attitudes to repairing things might change over time?

66 - Something That Helps You Relax

Part 1

Keeping Fit

1. Do you try to keep fit? (Why/Why not?)
2. What do you usually do to stay fit? (Why?)
3. How often do you do physical activity? (Why?)
4. Do you prefer gentle or more intense exercise? (Why?)

Watching the News

1. Do you watch or read the news regularly? (Why/Why not?)
2. Where do you usually get your news from? (Why?)
3. What kinds of news stories do you pay most attention to? (Why?)
4. Do you prefer local or international news? (Why?)

Evening Free Time

1. Do you have free time in the evening? (Why/Why not?)
2. What do you usually do then? (Why?)
3. Do you usually plan your evenings or decide at the last minute? (Why?)
4. Do you prefer spending evenings alone or with other people? (Why?)

Part 2

Describe something that helps you relax.
You should say:

- what the thing is
- when you use it
- how it helps you relax

and explain why this thing is effective for relaxation.

Rounding-off questions

1. Is relaxing easy for you?
2. Do many things help you to relax?

Part 3

Relaxation and Objects

1. What kind of things do people use to relax?
2. Are physical things more effective than digital ones for relaxation? (Why?)
3. Can relying too much on things to relax be unhealthy? (Why/Why not?)
4. Do the things people choose to help them relax reflect their lifestyles? (How?)

Modern Stress and Coping

5. Are people under more stress today than in the past? (Why/Why not?)
6. Has technology increased or reduced stress overall? (Why?)
7. What makes it difficult for people to relax regularly? (Why/Why not?)
8. How do you think people's ways of relaxing might change in the future?

67 - Something You Would Like to Replace

Part 1

Using a Computer

1. Do you use a computer every day? (Why/Why not?)
2. What do you mainly use your computer for? (Why?)
3. In what situations do you prefer using a computer rather than a phone? (Why?)
4. Do you find computers easy or difficult to use?(Why?)

Staying Organised

1. Do you like to keep your things organised? (Why/Why not?)
2. How do you usually organise your belongings? (Why?)
3. Is it easy or difficult for you to stay organised? (Why?)
4. Does being organised help you feel calmer? (Why/Why not?)

Walking Around Your Area

1. Do you enjoy walking around your local area? (Why/Why not?)
2. How often do you usually do this? (Why?)
3. Where do you usually go when you walk around your area? (Why?)
4. Do you prefer walking alone or with someone? (Why?)

Part 2

Describe something you would like to replace.
You should say:

- what the thing is
- why it needs replacing
- what you would replace it with

and explain how replacing it would improve your life.

Rounding-off questions

1. Do you often replace things?
2. When was the last time you replaced something?

Part 3

Replacement and Consumption

1. Why do people sometimes replace things instead of repairing them?
2. Is replacement driven more by need or desire? (Why?)
3. How does buying new things regularly affect the environment?
4. Should people be encouraged to keep things longer? (Why?)

Consumer Culture

5. Does advertising encourage unnecessary consumption? (Why/Why not?)
6. Are people becoming more careful about how their buying habits affect the environment? (Why/Why not?)
7. Should governments regulate product lifespans? (Why/Why not?)
8. Do you think people will become more careful about consumption in the future?

68 - Something That Is Easy to Carry

Part 1

Watching TV Series

1. Do you watch TV series regularly? (Why/Why not?)
2. What kind of series do you enjoy most? (Why?)
3. When do you usually watch a TV series? (Why?)
4. Do you usually watch TV alone or with other people? (Why?)

Eating Breakfast

1. Do you eat breakfast every day? (Why/Why not?)
2. What do you usually have for breakfast? (Why?)
3. Where do you usually eat breakfast? (Why?)
4. Do you prefer a light or heavy breakfast? (Why?)

Making Plans

1. Do you enjoy making plans? (Why/Why not?)
2. What kind of plans do you usually make? (Why?)
3. Do you usually plan things in advance or at the last minute? (Why?)
4. Do you like to plan things very carefully? (Why?)

Part 2

Describe something that is easy to carry.
You should say:

- what the thing is
- when you carry it
- why it is easy to carry

and explain why this is important for you.

Rounding-off questions

1. Do you carry a lot of things every day?
2. Do you carry more things now than when you were young?

Part 3

Portability and Lifestyle

1. Why do people value things that are easy to carry around?
2. How has being able to carry things easily changed the way people live or work?
3. Do portable things make people more flexible in their daily routines? (Why/Why not?)
4. Can having important things with you help reduce stress in everyday life? (Why/Why not?)

Design and Innovation

5. Are modern products generally designed to be easy to carry? (Why/Why not?)
6. What problems can arise when products are made smaller and more portable?
7. What do designers have to think about when making products easy to carry?
8. How do you think the things we carry will continue to change over time?

69 - Something You Keep at Home

Part 1

Forgetting Things

1. Do you often forget things? (Why/Why not?)
2. What kinds of things do you forget most often? (Why?)
3. In what situations are you more likely to forget things?
4. How do you usually feel when you forget something important? (Why?)

Going to Bed

1. Do you go to bed at the same time every night? (Why/Why not?)
2. What do you usually do before going to bed? (Why?)
3. Do you have a routine before sleeping? (Why?)
4. Do you find it easy to fall asleep? (Why/Why not?)

Being Busy

1. Do you feel busy most days? (Why/Why not?)
2. What usually keeps you busy? (Why?)
3. Do you like having a full day or more free time? (Why?)
4. Do you enjoy being busy? (Why/Why not?)

Part 2

Describe something you keep at home.
You should say:

- what the thing is
- where it is kept
- what it is used for

and explain why this thing is important in your home.

Rounding-off questions

1. Do you keep a lot of things in your home?
2. How often do you get rid of things?

Part 3

Home and things

1. Why do people become attached to the things they keep at home?
2. Do the things people have at home reflect their personality? (Why?)
3. Can the things people live with affect their emotional well-being? (How?)
4. How important is it for people to personalise their living space? (Why?)

Living Spaces Today

5. Are homes becoming more multifunctional? (Why/Why not?)
6. How has technology changed what people keep at home? (Why?)
7. Do people value comfort more than style at home? (Why/Why not?)
8. What kinds of new household items do you think people may use in the future?

70 - Something You Share with Others

Part 1

Learning Languages

1. Do you enjoy learning languages? (Why/Why not?)
2. How often do you practise languages? (Why?)
3. What do you find most difficult about learning languages? (Why?)
4. Do you prefer learning languages alone or with others? (Why?)

Exploring New Places

1. Do you enjoy exploring new places? (Why/Why not?)
2. What kinds of new places do you like exploring most? (Why?)
3. How do you usually explore a new place when you visit it? (Why?)
4. Do you prefer exploring new places alone or with other people? (Why?)

Spending Time Outdoors

1. Do you spend much time outdoors? (Why/Why not?)
2. What do you usually do outside? (Why?)
3. Has this changed recently? (Why?)
4. Do you like planning how to explore a new place, or discovering it as you go? (Why?)

Part 2

Describe something you share with others.
You should say:

- what the object is
- who you share it with
- how often it is shared

and explain why sharing this object is important.

Rounding-off questions

1. Do you share a lot of things?
2. Would you ever share your mobile phone?

Part 3

Sharing and Relationships

1. Why does sharing help people feel closer to each other?
2. In what ways can sharing reduce conflict between people?
3. Is sharing more common among friends or family? Why?
4. Can sharing things make people feel more responsible for taking care of them? (How?)

Sharing in Modern Society

5. Are people less willing to share today than in the past? (Why/Why not?)
6. Has technology created new ways for people to share things? (Why?)
7. What concerns do people have about sharing things with other people?
8. Do you think sharing will become more common in the future? (Why/Why not?)

71 - Something You Use for Work or Study

Part 1

Money in Daily Life

1. Do you usually notice how much you are spending? (Why?)
2. What makes you more careful with money? (Why?)
3. What kinds of things are easiest for you to spend money on? (Why?)
4. How do you feel after spending money on something unnecessary? (Why?)

Cooking for Others

1. Do you like cooking for other people? (Why/Why not?)
2. Who do you usually cook for? (Why?)
3. Is cooking for others different from cooking for yourself? (Why?)
4. Do you feel stressed when cooking for other people? (Why/Why not?)

Listening While Working

1. Do you listen to anything while working or studying? (Why/Why not?)
2. What do you usually listen to? (Why?)
3. When do you prefer not to listen to anything? (Why?)
4. Does listening make it easier or harder to focus? (Why/Why not?)

Part 2

Describe something you use for work or study.
You should say:

- what the thing is
- how often you use it
- what you use it for

and explain why this thing is important for your work or studies.

Rounding-off questions

1. Do you use a lot of things for your work or study?
2. Is there anything you would like to buy to help you with your work or studies?

Part 3

Productivity and Resources

1. Why do people need the right resources to work or study effectively?
2. In what ways can poor resources reduce productivity?
3. Do people depend too heavily on digital resources today? (Why/Why not?)
4. How do available resources change the way people plan or complete tasks?

Work and Study in the Future

5. Will technology change how people work or study in the future? (Why/Why not?)
6. Should people learn to work without advanced tools? (Why?)
7. What new kinds of tools might people start using for work or study in the future?
8. Will productivity depend more on skills or tools in the future? (Why?)

72 - Something That Was a Gift

Part 1

Using Public Facilities

1. Do you use public facilities like libraries or parks? (Why/Why not?)
2. Which public place do you visit most often? (Why?)
3. What do you usually do when you are there? (Why?)
4. Do you prefer public or private spaces? (Why?)

Daily Chores

1. Do you do household chores every day? (Why/Why not?)
2. Which chore do you dislike most? (Why?)
3. How do you usually feel while doing chores? (Why?)
4. Do you prefer doing chores alone or with other people? (Why?)

Taking Notes

1. Do you take notes regularly? (Why/Why not?)
2. What kinds of things do you usually take notes about? (Why?)
3. When do you find note-taking most useful? (Why?)
4. Do you prefer writing notes by hand or digitally? (Why?)

Part 2

Describe something that was a gift.
You should say:

- what the thing is
- who gave it to you
- when you received it

and explain why this gift is meaningful to you.

Rounding-off questions

1. Do you often buy gifts for people?
2. Have you received a gift recently?

Part 3

Gifts and Emotions

1. Why do gifts often create strong emotional feelings?
2. What factors make a gift meaningful to the person who receives it?
3. Can gifts communicate feelings better than words? (Why/Why not?)
4. What do people tend to remember more, the person who gave a gift or the gift itself? (Why?)

Gift-Giving Today

5. Has gift-giving become more commercialised? (Why/Why not?)
6. What do people usually consider when choosing a gift for someone?
7. Why can gift-giving sometimes cause problems? (Why/Why not?)
8. How might gift-giving change in the future?

73 - Something You Want to Learn to Use Better

Part 1

Watching Live Events

1. Do you enjoy watching live events? (Why/Why not?)
2. What kind of live events do you watch? (Why?)
3. Where do you usually watch live events?(Why?)
4. Are live events more exciting for you than recorded ones? (Why?)

Daily Decisions

1. Do you make many small decisions every day? (Why/Why not?)
2. Which types of decisions do you find most difficult? (Why?)
3. How do you usually make decisions, quickly or slowly? (Why?)
4. Do you feel confident about the decisions you make? (Why?)

Ending the Week

1. Do you look forward to the end of the week? (Why/Why not?)
2. How do you usually feel on the last working day? (Why?)
3. What do you like doing at the end of the week? (Why?)
4. Do you ever plan anything special for the weekend? (Why/Why not?)

Part 2

Describe a thing you want to learn to use better.
You should say:

- what the thing is
- why you want to use it better
- how you plan to practise

and explain how improving this skill would help you.

Rounding-off questions

1. Do you enjoy learning to use new things?
2. When was the last time you learnt to use something new?

Part 3

Learning and Mastery

1. Why do people want to become skilled at certain activities?
2. Is mastery of a skill more about practice or natural talent? (Why?)
3. How can frustration affect the way people learn? (Why/Why not?)
4. Are people able to learn new skills faster now than in the past? (Why?)

Skills in a Technological World

5. Why do many jobs require people to keep learning new skills? (Why/Why not?)
6. What problems can arise when people use complex technology without training?
7. Does technology reduce the need for people to develop skills? (Why/Why not?)
8. How might the way people learn skills change in the future?

74 - Something That Is Old but Useful

Part 1

Using Headphones

1. Do you use headphones often? (Why/Why not?)
2. When do you usually use them? (Why?)
3. What do you usually listen to when you use headphones? (Why?)
4. Do you prefer silence or sound when travelling? (Why?)

Trying New Food

1. Do you like trying new food? (Why/Why not?)
2. When was the last time you tried something new? (Why?)
3. What sometimes stops you from trying new food? (Why?)
4. Do you prefer familiar food or new dishes? (Why?)

Keeping a Routine

1. Do you like having a routine? (Why/Why not?)
2. What part of your routine matters most to you? (Why?)
3. How do you feel when your routine has to change? (Why?)
4. Is it hard for you to organise your day without a routine? (Why/Why not?)

Part 2

Describe an old object that is still useful.
You should say:

- what the object is
- how long you have had it
- how you still use it

and explain why it remains useful.

Rounding-off questions

1. Do you like old things more than new things?
2. What is the oldest thing you own?

Part 3

Usefulness Over Time

1. Why do some things remain useful for a long time?
2. Why can simple objects last longer than complex ones?
3. Why do people sometimes become emotionally attached to things?
4. Should people repair rather than replace things? (Why?)

Sustainability and Consumption

5. Are people more aware of sustainability than in the past? (Why/Why not?)
6. What role can governments play in reducing how often people throw things away?
7. Why can it be difficult for companies to be environmentally responsible while making a profit?
8. Do you think people will value long-lasting items more or less in the future? (Why?)

75 - A Personal Item That Says Something About You

Part 1

Morning Sounds

1. Do you like quiet or noisy mornings? (Why?)
2. What sounds do you usually hear in the morning? (Why?)
3. Are there any morning sounds you particularly like or dislike? (Why?)
4. Do sounds in the morning affect how your day starts? (Why/Why not?)

Friends' Advice

1. Do you often ask friends for advice? (Why/Why not?)
2. Who do you usually ask for advice? (Why?)
3. What kinds of things do you ask them about? (Why?)
4. Do you trust advice from friends? (Why/Why not?)

Using a Calendar

1. Do you use a calendar or planner? (Why/Why not?)
2. What do you usually put in it? (Why?)
3. How often do you check your calendar? (Why?)
4. Does using a calendar help you feel more organised? (Why/Why not?)

Part 2

Describe a personal item that says something about you.
You should say:

- what the item is
- where you got it
- how you use or keep it

and explain what this item says about you as a person.

Rounding-off questions

1. Do you buy many things that says something about you?
2. What was the last thing you bought that you think represents you?

Part 3

Things and Identity

1. What things do people own that express their identity?
2. How can owning certain items influence how people are seen by other people? (Why/Why not?)
3. Why do people sometimes feel attached to objects even when they no longer use them?
4. In what ways can life events change the importance people place on their possessions?

Identity in Modern Society

5. Why are brands important to some people but not to others?
6. How does advertising influence what people choose to buy?
7. Do people today change their possessions more often than in the past? (Why/Why not?)
8. How might the way people show who they are change in the future?

76 - Something You Keep for Sentimental Reasons

Part 1

Watching Short Clips

1. Do you watch short video clips online? (Why/Why not?)
2. When do you usually watch them? (Why?)
3. What usually leads you to start watching short clips?(Why?)
4. Do you find watching short video clips relaxing or distracting? (Why?)

Eating Alone

1. Do you often eat on your own? (Why/Why not?)
2. How do you feel about eating alone? (Why?)
3. In what situations do you choose to eat alone? (Why?)
4. Do you prefer eating alone or with other people? (Why?)

Weather Preferences

1. What kind of weather do you enjoy most? (Why?)
2. Has your preference changed over time? (Why?)
3. Are there any types of weather you dislike? (Why/Why not?)
4. Do you usually check the weather forecast? (Why/Why not?)

Part 2

Describe a thing you keep for sentimental reasons.
You should say:

- what the thing is
- where it came from
- why it is meaningful to you

and explain why you have kept it.

Rounding-off questions

1. Do you keep many things for sentimental reasons?
2. Do you ever get rid of sentimental objects?

Part 3

Emotional Attachment

1. Why do people form emotional attachments to some things they own?
2. What kinds of items tend to hold strong personal meaning for people? (Why?)
3. How can personal items remind people of important moments in their lives?
4. Are personal belongings important to everyone?

Memory and Modern Life

5. Are people less likely to keep meaningful personal items today than in the past? (Why/Why not?)
6. How has digital technology changed the way people keep memories? (Why?)
7. Can too much focus on the past limit personal growth? (Why/Why not?)
8. Do you think people will keep fewer personal belongings in the future? (Why/Why not?)

77 - Something That Is Environmentally Friendly

Part 1

Using a Laptop

1. Do you use a laptop every day? (Why/Why not?)
2. What do you mainly use your laptop for? (Why?)
3. Has your laptop use changed recently? (Why?)
4. Do you prefer a laptop or a mobile phone (Why?)

Quiet Activities

1. Do you enjoy doing quiet activities? (Why/Why not?)
2. What quiet activities do you like the most? (Why?)
3. When do you usually choose quiet activities?(Why?)
4. Do you spend more time on quiet activities now than in the past? (Why/Why not?)

Food Choices

1. Do you usually decide what to eat on the same day? (Why/Why not?)
2. What influences what you choose to eat each day? (Why?)
3. When do you think most about food? (Why?)
4. Do your food choices change depending on how busy you are? (Why/Why not?)

Part 2

Describe an environmentally friendly thing you use.
You should say:

- what the thing is
- how you use it
- why it is environmentally friendly

and explain why you choose to use it.

Rounding-off questions

1. Do you choose to buy things that are eco-friendly?
2. What was the last eco-friendly thing you bought?

Part 3

Sustainable Choices

1. Why do people choose environmentally friendly things or habits?
2. How does cost influence people's decisions about sustainable choices? (Why?)
3. Why do some people doubt the impact of individual environmental actions?
4. What role do governments play in shaping environmentally responsible behaviour?

Environmental Responsibility

5. How do companies respond to public concern about environmental issues? (Why/Why not?)
6. Should governments regulate environmentally harmful products more strictly? (Why?)
7. How does education influence people's awareness of environmental responsibility?
8. How might environmentally friendly products develop in the coming years?

78 - Something You Use Outdoors

Part 1

Watching Sport

1. Do you enjoy watching sports? (Why/Why not?)
2. Which sport do you watch most often? (Why?)
3. When do you usually watch sport? (Why?)
4. Do you prefer watching sport alone or with others? (Why?)

Staying Connected Outside

1. Do you usually go online when you are not at home? (Why/Why not?)
2. What do you use the internet for when you are out? (Why?)
3. In what situations do you avoid going online? (Why?)
4. Does being connected outside make daily life easier for you? (Why/Why not?)

End-of-Day Routine

1. Do you have a routine at the end of the day? (Why/Why not?)
2. What do you usually do before going to bed? (Why?)
3. How important is this routine for you? (Why?)
4. Does your end-of-day routine help you relax? (Why/Why not?)

Part 2

Describe something you use outdoors.
You should say:

- what the thing is
- when you use it
- why it is useful outdoors

and explain how it improves your outdoor experience.

Rounding-off questions

1. Do you use a lot of items outdoors?
2. Do you have more items for indoor use than outdoor use?

Part 3

Outdoor Lifestyles

1. Why do many people enjoy outdoor activities?
2. What benefits do outdoor activities offer people? (Why?)
3. Do people spend as much time outdoors as they used to? (Why/Why not?)
4. Can outdoor hobbies strengthen social relationships?

Nature and Modern Life

5. Has modern technology changed how often people interact with nature? (Why/Why not?)
6. Should schools encourage children to spend more time outdoors? (Why?)
7. Why is it difficult for cities to protect green spaces as they develop?
8. Do you think outdoor lifestyles will become more or less common in the future? (Why/Why not?)

79 - Something That Makes Your Life Easier

Part 1

Environmental Problems

1. Are there any environmental problems where you live
2. What kind of environmental issues do people talk about most in your country?
3. Did you learn about environmental problems at school?
4. Do environmental issues affect your daily habits?

Listening to People

1. Do you enjoy listening to other people talk? (Why/Why not?)
2. Who do you listen to most often? (Why?)
3. In what situations do you listen more carefully? (Why?)
4. Do you find listening tiring sometimes? (Why/Why not?)

Keeping in Touch Online

1. Do you keep in touch with people online? (Why/Why not?)
2. What do you usually use online communication for? (Why?)
3. How often do you communicate online during the day? (Why?)
4. Do you prefer online or face-to-face communication? (Why?)

Part 2

Describe something that makes your life easier.
You should say:

- what the thing is
- how you use it
- why it is helpful

and explain how it improves your daily life.

Rounding-off questions

1. How else do you make your life easier?
2. Would you like to buy anything that would make your life easier?

Part 3

Convenience and Lifestyle

1. Why has ease and speed become a priority in many people's daily lives?
2. In which parts of daily life do people most want things to be quick or simple? (Why/Why not?)
3. Do time-saving solutions always improve quality of life? (Why/Why not?)
4. How can easy access to services or tools affect the way people work or study?

Technology and Expectations

5. Do people expect daily tasks to require less effort than in the past? (Why/Why not?)
6. Has convenience changed people's patience levels? (Why?)
7. Why might dealing with difficulty still be an important life skill? (Why?)
8. Do you think technology will make everyday life simpler in the future?

80 - An Environmental Problem You Have Noticed in Your Area

Part 1

Recommendations

1. Do you often recommend things to other people? (Why/Why not?)
2. What kinds of things do you usually recommend? (Why?)
3. Do you trust recommendations from other people? (Why?)
4. Do you ever use online reviews before buying something? (Why/Why not?)

Sharing Information

1. Do you like sharing useful information with other people? (Why/Why not?)
2. What kind of information do you usually share? (Why?)
3. Do you ever feel overwhelmed by information? (Why?)
4. Do you usually check information before sharing it? (Why/Why not?)

Friends from the past

1. Do you still keep in touch with friends from the past? (Why/Why not?)
2. How do you usually stay in contact with them? (Why?)
3. What do you usually talk about?
4. Has your relationship with old friends changed over time? (Why?)

Part 2

Describe an environmental problem you have noticed in your area.
You should say:

- what the problem is
- where you have noticed it
- how long it has been a problem

and explain why this environmental issue concerns you.

Rounding-off questions

1. Are you very concerned about the environment?
2. What other environmental issues concern you?

Part 3

Causes and awareness

1. What are the main causes of environmental problems today?
2. Why do some people ignore environmental issues even when they are serious?
3. How effective is environmental education in schools?
4. Do the media do enough to raise awareness of environmental problems?

Solutions and responsibility

5. What can individuals do to reduce environmental damage?
6. How important is the role of governments in protecting the environment?
7. Should economic development be limited to protect the environment? (Why/Why not?)
8. How might environmental problems affect future generations?

81 - Something You Recently Bought

Part 1

Time management

1. Are you good at managing your time? (Why/Why not?)
2. What helps you manage your time better? (Why?)
3. What usually wastes your time?
4. Has your time management improved recently? (Why?)

Money

1. Are you careful with how you spend your money? (Why/Why not?)
2. Do you usually save money before buying something new? (Why/Why not?)
3. Have your priorities about money changed over time? (Why?)
4. Do you ever regret buying things? (Why/Why not?)

Satisfaction

1. Do you usually feel satisfied after buying something new? (Why/Why not?)
2. Does satisfaction last long for you after a purchase? (Why/Why not?)
3. Do you compare products before buying them? (Why?)
4. Does buying new things motivate you in any way? (Why/Why not?)

Part 2

Describe something you recently bought.
You should say:

- what the object is
- where you bought it
- why you decided to buy it

and explain how you feel about this purchase.

Rounding-off questions

1. Do you often buy new things?
2. What was the last thing you bought?

Part 3

Buying Decisions

1. Why do people often feel excited when buying something new?
2. Do feelings play a bigger role than careful thinking when people buy things? (Why?)
3. In what ways can buying choices show something about a person?
4. Why do people sometimes buy things without planning?

Modern Consumer Behaviour

5. Are people buying things more often than in the past? (Why/Why not?)
6. Does shopping online encourage quicker or less careful buying decisions? (Why?)
7. What problems can arise from buying things too quickly? (Why?)
8. Do you think people will buy fewer things in the future? (Why/Why not?)

82 - Something You Use to Learn Something New

Part 1

Handling Challenges

1. Do you face small challenges in daily life? (Why/Why not?)
2. What kinds of challenges do you deal with most often? (Why?)
3. How do you usually react when something is difficult? (Why?)
4. Do challenges affect your motivation? (Why/Why not?)

Stress

1. Do you often feel stressed? (Why/Why not?)
2. What situations usually make you feel stressed?(Why?)
3. What do you do to relax when you feel stressed?
4. Does stress affect how well you work or study? (Why?)

Using Time

1. Do you feel busy most days? (Why/Why not?)
2. What usually takes up most of your time? (Why?)
3. When do you feel you use time best? (Why?)
4. Do you ever feel short of time? (Why/Why not?)

Part 2

Describe something you use to learn something new.
You should say:

- what the thing is
- how you use it
- what you are learning

and explain why this object helps you learn effectively.

Rounding-off questions

1. How often do you learn new things?
2. Would you prefer to learn or teach?

Part 3

Learning Support

1. Why do extra resources help many people learn more easily?
2. Are physical materials more helpful than digital ones for learning? (Why?)
3. How can learning support change the amount of effort people need to learn something new?
4. In what ways can learning methods affect motivation?

Learning in the Digital Age

5. Do people rely more on digital support when learning today? (Why/Why not?)
6. Has technology changed how deeply people engage with what they learn? (Why?)
7. What differences do people notice when learning with fewer resources?
8. How do you think learning will change in the future?

83 - An Animal that You Think is Interesting

Part 1

Communication

1. Do you communicate with people every day? (Why/Why not?)
2. What do you usually use to stay in contact with other people? (Why?)
3. In which situations do you communicate the most? (Why?)
4. Do you prefer written or spoken communication? (Why?)

Motivation

1. Do you usually feel motivated in daily life? (Why/Why not?)
2. What motivates you the most? (Why?)
3. When do you find it hardest to stay motivated?
4. Does motivation affect how well you work or study? (Why?)

Habits

1. Do you check your phone or messages often during the day? (Why/Why not?)
2. How do you feel when you cannot check messages easily? (Why/Why not?)
3. Have you ever tried to reduce how often you check messages? (Why/Why not?)
4. Does frequent messaging affect your concentration? (Why/Why not?)

Part 2: Animals

Describe an animal that you find interesting.
You should say:

- what kind of animal it is
- where it lives
- what it looks like or what it is known for

and say why you find this animal interesting.

Rounding-off questions

1. Do you find many animals interesting?
2. Would you like to keep an animal as a pet?

Part 3

Human-animal relationships

1. Why do many people choose to keep animals as pets today?
2. In what ways can animals support people's emotional well-being?
3. What can children learn from spending time with animals?
4. How has urban life changed people's contact with animals?

Protection and responsibility

5. Why are some animal species becoming endangered?
6. Who should be responsible for protecting wild animals: governments or individuals?
7. What role do zoos play in education and conservation?
8. How might human lifestyles change to better protect animals in the future?

84 - Something You Use to Stay Organised

Part 1

Patience

1. Are you a patient person? (Why/Why not?)
2. When do you need patience most?
3. How do you feel when you have to wait?
4. Has your patience changed over time? (Why?)

Planning

1. Do you usually plan your day in advance? (Why/Why not?)
2. Do you prefer digital or paper planning tools? (Why?)
3. Does having a plan make your day feel less stressful? (Why/Why not?)
4. Do you prefer having freedom rather than a fixed plan? (Why/Why not?)

Decisions

1. Do you find it easy to make decisions? (Why/Why not?)
2. What kind of decisions are most difficult for you? (Why?)
3. Do you usually ask other people before making decisions? (Why?)
4. Has the way you make decisions changed over time? (Why?)

Part 2

Describe something you use to stay organised.
You should say:

- what the thing is
- how you use it
- when you use it most

and explain why it helps you stay organised.

Rounding-off questions

1. Are you a very organised person?
2. How can you stay organised every day?

Part 3

Organisation and Efficiency

1. Why do people like to plan their time and daily activities?
2. How does being organised affect the way people make decisions?
3. Are organised people more successful? (Why/Why not?)
4. Can too much organisation be stressful? (Why?)

Organisation in Modern Life

5. Are people expected to be more organised nowadays than in the past? (Why/Why not?)
6. Has technology made staying organised easier or harder? (Why?)
7. Should organisational skills be taught at school? (Why/Why not?)
8. Do you think technology will make people rely more on planning tools in the future? (Why/Why not?)

85 - Something That Reflects Your Lifestyle

Part 1

Personal energy

1. Do you usually have enough energy during the day? (Why/Why not?)
2. When do you feel most energetic? (Why?)
3. What usually makes you feel tired?
4. Has your energy level changed recently? (Why?)

Daily Choices

1. Do your daily choices affect the objects you own? (Why?)
2. Do you choose objects for convenience or quality? (Why?)
3. Have your priorities changed over time? (Why?)
4. Do you try to simplify your daily life? (Why/Why not?)

Risk-taking

1. Do you like taking risks? (Why/Why not?)
2. What kind of risks do you feel comfortable with? (Why?)
3. Do you usually think carefully before taking a risk?
4. Do you think taking risks can be good for you (Why?)

Part 2

Describe something that reflects your lifestyle.
You should say:

- what the thing is
- how you use it
- what it says about your lifestyle

and explain why this thing represents how you live.

Rounding-off questions

1. Do you have a healthy lifestyle?
2. Is there anything you would like to change about your lifestyle?

Part 3

Lifestyle and Possessions

1. Why do people's possessions often reflect how they live their lives?
2. Do people use things to project a certain image? (Why?)
3. Can someone change their lifestyle without buying new things? (Why/Why not?)
4. Are people's lifestyles becoming more similar because of global brands?

Lifestyle in the Future

5. Will people define their lifestyle more or less through what they own in the future? (Why/Why not?)
6. Will minimalist lifestyles become more common in the future? (Why?)
7. What problems can arise when people focus too much on material things? (Why/Why not?)
8. Do you think people will care less about owning things in the future? (Why/Why not?)

86 - Something You Recently Started Using

Part 1

Saving money

1. Do you try to save money? (Why/Why not?)
2. What do you usually save money for? (Why?)
3. Is saving money easy or difficult for you? (Why?)
4. Were you taught to save money when you were young? (Why?)

Rules

1. Do you think rules are necessary? (Why/Why not?)
2. Which rules do you find most helpful? (Why?)
3. How do you feel about breaking small rules?
4. Do rules make life easier or harder? (Why?)

Personal independence

1. Is being independent important to you? (Why/Why not?)
2. In what areas of life are you most independent? (Why?)
3. Are there times when you like help from other people? (Why?)
4. Do you feel more independent now than in the past? (Why?)

Part 2

Describe something you recently started using.
You should say:

- what the thing is
- when you started using it
- how you use it

and explain why you decided to start using it.

Rounding-off questions

1. How often do you buy new things?
2. Would you prefer to buy things second-hand?

Part 3

New Things

1. Why do people like trying new products or services?
2. Is it easier for younger people to get used to new products? (Why?)
3. Can using new products change people's daily habits? (How?)
4. Do people sometimes start using new products too quickly? (Why/Why not?)

Change and Modern Life

5. Are people expected to keep up with new products more now than in the past? (Why/Why not?)
6. Does frequent product change cause stress for some people? (Why?)
7. Should people avoid changing products unless there is a clear benefit? (Why/Why not?)
8. Will people expect new products to be easier to use in the future? (Why/Why not?)

87 - Something You No Longer Use

Part 1

Childhood memories

1. Do you remember your childhood clearly? (Why/Why not?)
2. What do you remember most about your childhood? (Why?)
3. Do you enjoy talking about your childhood? (Why?)
4. Did you spend a lot of time at home as a child? (Why?)

Personal strengths

1. Do you know what you are good at? (Why/Why not?)
2. Which strength helps you most in daily life? (Why?)
3. When did you first notice this strength?
4. Do you try to improve the things you are good at?(Why?)

Being competitive

1. Are you a competitive person? (Why/Why not?)
2. When do you feel most competitive? (Why?)
3. Do you like competing with other people? (Why?)
4. Do you try to avoid competition sometimes? (Why?)

Part 2

Describe something you no longer use.
You should say:

- what the thing was
- why you stopped using it
- what you use instead now

and explain how you feel about no longer using it.

Rounding-off questions

1. What do you do with things you no longer use?
2. Do you buy a lot of things you don't need?

Part 3

Changing Needs

1. Why do people stop using things they own?
2. How do changes in daily routines affect the way people use things?
3. Is it wasteful to stop using things that still work? (Why/Why not?)
4. Can having fewer belongings make daily life easier? (How?)

Consumption Patterns

5. Are people encouraged to replace things more quickly today? (Why/Why not?)
6. How does rapid innovation affect how long people keep things?
7. Should people be encouraged to keep things for longer? (Why/Why not?)
8. Do you think people will keep fewer things in their homes in the future?

88 - Something That Helps You Stay Healthy

Part 1

Health

1. Do you pay much attention to your health? (Why/Why not?)
2. Do you do anything regularly to stay healthy? (Why?)
3. Has the way you look after your health changed recently? (Why?)
4. Do you use anything every day that helps you stay healthy? (Why/Why not?)

Quiet places

1. Do you like spending time in quiet places? (Why/Why not?)
2. Where do you usually go when you want quiet time?
3. What do you usually do there?
4. Has your need for quiet places changed recently? (Why?)

Trust

1. Do you find it easy to trust people? (Why/Why not?)
2. What makes someone trustworthy to you? (Why?)
3. Do you trust people quickly or slowly? (Why?)
4. Do you trust some people more than others? (Why?)

Part 2

Describe something that helps you stay healthy.
You should say:

- what the object is
- how you use it
- how often you use it

and explain why it is helpful for your health.

Rounding-off questions

1. Do you think you are a healthy person?
2. Is there anything you would like to do to become healthier?

Part 3

Health and Tools

1. Why do people use a lot of products to support their health?
2. Do people behave differently when they use health apps or devices? (Why/Why not?)
3. Do health-related products increase motivation? (How?)
4. Are people too dependent on health products today? (Why/Why not?)

Health in Modern Society

5. Are people more health-conscious than in the past? (Why/Why not?)
6. Has technology improved personal health? (Why?)
7. Should people be careful about the health products they use? (Why/Why not?)
8. How might technology play a bigger role in managing health in the future?

89 - Something You Use While Travelling

Part 1

Travel Habits

1. Do you travel often? (Why/Why not?)
2. Do you usually plan your trips carefully? (Why/Why not?)
3. Has the way you travel changed recently? (Why?)
4. Do you prefer short trips or longer journeys? (Why?)

Leadership

1. Do you like being in charge of things?(Why/Why not?)
2. Are you comfortable making decisions for a group?(Why?)
3. Have you ever led a group activity? (Why/Why not?)
4. Do you prefer leading or following? (Why?)

Following instructions

1. Do you find it easy to follow instructions? (Why/Why not?)
2. When do you find instructions most useful? (Why?)
3. Do you prefer written or spoken instructions? (Why?)
4. Do clear instructions reduce stress for you? (Why?)

Part 2

Describe something you use while travelling.
You should say:

- what the thing is
- when you use it
- why you bring it with you

and explain how it helps you when you travel.

Rounding-off questions

1. Do you travel with a lot of items?
2. How would you feel if you lost something while travelling?

Part 3

Travel and Practicality

1. Why do people rely on certain items when travelling?
2. Do familiar items help people feel calmer when travelling? (Why?)
3. Are people travelling with fewer personal items than in the past? (Why/Why not?)
4. Does packing lightly or heavily change the way people travel? (How?)

Travel in the Future

5. Will technology reduce the need to carry many things when travelling? (Why/Why not?)
6. In what ways has travel become easier for travellers today? (Why?)
7. Should travellers try to travel more simply? (Why/Why not?)
8. Will convenience and technology change how people prepare for travel in the future? (Why?)

90 - Something That You Associate with Childhood

Part 1

Personal belongings

1. Do you have a lot of personal belongings? (Why/Why not?)
2. Which personal item is most important to you? (Why?)
3. Do you prefer keeping things for a long time or replacing them? (Why?)
4. Would it be difficult for you to live with fewer belongings? (Why/Why not?)

Making plans

1. Do you enjoy making plans? (Why/Why not?)
2. What kind of plans do you usually make? (Why?)
3. Do you prefer planning alone or with other people? (Why?)
4. Do plans make you feel more relaxed or more stressed? (Why?)

Being early

1. Do you like arriving early? (Why/Why not?)
2. In what situations do you arrive early? (Why?)
3. How do you feel when you have to wait? (Why?)
4. Do you think being early is important? (Why/Why not?)

Part 2

Describe something you associate with your childhood.
You should say:

- what the thing is
- where it came from
- why you remember it

and explain why this thing is meaningful to you.

Rounding-off questions

1. Do you have a lot of childhood memories?
2. Do you keep many things from your childhood?

Part 3

Childhood and Identity

1. Why do some things from childhood stay important to people later in life?
2. Do experiences from childhood influence how people see themselves as adults? (Why?)
3. Are people more emotionally attached to things when they are young? (Why?)
4. Can losing childhood possessions affect people emotionally? (Why?)

Generational Change

5. Are childhood possessions less important for children nowadays? (Why/Why not?)
6. Have digital childhood products replaced physical objects? (Why?)
7. Do parents today keep fewer things from their children's early years? (Why/Why not?)
8. Will digital photos and videos change how people remember childhood? (Why/Why not?)

91 - Something You Would Not Lend to Others

Part 1

Personal comfort items

1. Do you usually feel comfortable at home? (Why/Why not?)
2. What makes you feel comfortable in that space? (Why?)
3. Are there times when comfort matters more to you? (Why?)
4. Does comfort influence your mood or energy levels? (Why/Why not?)

Learning from experience

1. Do you usually learn more from doing things or from advice? (Why/Why not?)
2. Can you think of something you learned by doing it yourself?
3. Do you often think about the past? (Why/Why not?)
4. Do past experiences help you make decisions more easily now? (Why?)

Small Daily Breaks

1. Do you take short breaks during the day? (Why/Why not?)
2. When do you usually take a break? (Why?)
3. What do you like doing during short breaks? (Why?)
4. Do breaks help you feel more focused afterwards? (Why/Why not?)

Part 2

Describe something you would not lend to others.

You should say:

- what the object is
- why you would not lend it
- how you use it

and explain why it is important to you.

Rounding-off questions

1. Do you often lend things?
2. Is there anything you would never lend?

Part 3

Personal Boundaries

1. Why do people feel protective of some personal belongings?
2. Is it reasonable for people to refuse to lend some personal items? (Why?)
3. What kinds of situations can make lending things uncomfortable? (Why?)
4. Are people more willing to lend things to family than to friends?

Sharing in Modern Society

5. Are people less willing to share today than in the past? (Why/Why not?)
6. What factors make people more cautious about sharing their belongings today?
7. Should children be taught clear limits about sharing their things? (Why/Why not?)
8. How might people's attitudes to sharing change in the future?

92 - Something That Makes You Feel Confident

Part 1

Confidence

1. Do you usually feel confident? (Why/Why not?)
2. What situations make you feel most confident? (Why?)
3. When do you feel least confident? (Why?)
4. Does confidence help you do things better? (Why/Why not?)

Being careful

1. Do you think you are a careful person? (Why/Why not?)
2. In what situations are you most careful? (Why?)
3. Are there times when you are less careful? (Why?)
4. Does being careful help you avoid making mistakes? (Why/Why not?)

Keeping promises

1. Do you think it is important to keep promises? (Why/Why not?)
2. Do you usually keep your promises? (Why?)
3. How do you feel if someone breaks a promise to you? (Why?)
4. What do you do if you cannot keep a promise? (Why/Why not?)

Part 2

Describe something that makes you feel confident.
You should say:

- what the thing is
- when you use it
- how it affects how you feel

and explain why it increases your confidence.

Rounding-off questions

1. Are you a very confident person?
2. Would buying anything make you more confident?

Part 3

Confidence and Performance

1. Why does feeling confident help people perform better?
2. Can encouragement from other people increase a person's confidence? (Why/Why not?)
3. Is having confidence sometimes more important than having ability? (Why?)
4. How can people build their confidence?

Confidence in Society

5. Do people feel pressure to appear confident in modern society? (Why/Why not?)
6. How has social media changed the way people show confidence? (Why?)
7. What problems can overconfidence cause?
8. Do you think people will appear more confident because of technology? (Why/Why not?)

93 - Something That Helps You Sleep

Part 1

Sleep

1. Do you usually sleep well? (Why/Why not?)
2. Has your sleep quality changed recently? (Why?)
3. Do you have a regular sleep routine? (Why/Why not?)
4. Is good sleep important for your daily life? (Why?)

Creativity

1. Do you see yourself as a creative person? (Why/Why not?)
2. What kinds of activities make you feel creative? (Why?)
3. Do you try to be creative in everyday life? (Why?)
4. Were you creative as a child? (Why?)

Problem-solving

1. Do you enjoy solving problems? (Why/Why not?)
2. What kind of problems do you deal with most often?
3. What usually helps you solve problems more easily? (Why?)
4. Do you prefer solving problems alone or with other people? (Why?)

Part 2

Describe something that helps you sleep.
You should say:

- what the thing is
- how you use it
- when you started using it

and explain why it helps you sleep better.

Rounding-off questions

1. Do you usually sleep well?
2. Are you a morning person or an evening person?

Part 3

Sleep and Well-being

1. Why is sleep important for both mental and physical health?
2. How does poor sleep affect how people function during the day?
3. Why do many people struggle to get enough sleep today?
4. How much control do individuals really have over their sleep habits?

Sleep in Modern Life

5. Has technology negatively affected sleep patterns? (Why/Why not?)
6. Should employers be concerned if workers are often tired? (Why/Why not?)
7. Are people choosing work or entertainment over sleep more than in the past? (Why/Why not?)
8. What changes could help people get better sleep in the future?

94 - Something You Use to Express Yourself

Part 1

Keeping Things Simple

1. Do you like keeping things simple in daily life? (Why/Why not?)
2. What do you try to keep simple? (Why?)
3. When does life feel too complicated for you? (Why?)
4. Does simplicity help you feel calmer? (Why/Why not?)

Making mistakes

1. Are you afraid of making mistakes? (Why/Why not?)
2. How do you usually react after you make a mistake? (Why?)
3. What helps you move on after a mistake? (Why?)
4. Do you think mistakes help you improve over time? (Why/Why not?)

Feeling Focused

1. Do you find it easy to focus on one thing? (Why/Why not?)
2. When are you usually most focused? (Why?)
3. What often breaks your concentration? (Why?)
4. How you improve your focus? (Why/Why not?)

Part 2

Describe something you use to express yourself.
You should say:

- what the thing is
- how you use it
- what it allows you to express

and explain why this thing is meaningful to you.

Rounding-off questions

1. Are you a very expressive person?
2. Do your clothes express you?

Part 3

Self-Expression

1. Why do people feel a need to express who they are?
2. Can self-expression influence how other people see a person? (Why?)
3. What can limit people's ability to express themselves? (Why/Why not?)
4. Can a lack of self-expression affect confidence or well-being?

Expression in the Digital Age

5. Has digital technology created new opportunities for self-expression? (Why/Why not?)
6. Do online platforms change how openly people express themselves? (Why?)
7. Are people more careful about self-expression online than in real life? (Why/Why not?)
8. Will people express themselves more privately or more publicly online in the future? (Why?)

95 - Something That Was Difficult to Learn to Use

Part 1

Personal growth

1. Do you think personal growth is important? (Why/Why not?)
2. What helps you grow as a person most? (Why?)
3. Do you feel you learn more from success or from difficulty? (Why?)
4. Do you actively look for ways to improve yourself? (Why?)

Patience

1. Are you a patient person? (Why/Why not?)
2. What situations make you feel less patient? (Why?)
3. Has your level of patience changed over time?(Why?)
4. What do you usually do when you feel impatient? (Why/Why not?)

Support

1. Do you usually learn new things on your own or with help? (Why?)
2. What kind of help do you find most useful when learning? (Why/Why not?)
3. Do you use guides or tutorials when learning something new? (Why?)
4. Do you feel confident after learning something difficult? (Why?)

Part 2

Describe something that was difficult for you to learn to use.
You should say:

- what the thing is
- why it was difficult
- how you learned to use it

and explain how you felt after learning to use it.

Rounding-off questions

1. Do you often find new things difficult to learn?
2. How can you learn to use things more easily?

Part 3

Learning Challenges

1. Why do some people find it hard to learn how to use new objects or devices?
2. Is learning something new always challenging? (Why/Why not?)
3. Do people learn more from making mistakes or from getting things right? (Why?)
4. How can frustration affect the learning process?

Skills and Technology

5. Are modern devices becoming too complex? (Why/Why not?)
6. Should companies make products easier to understand? (Why?)
7. Do people rely too much on tutorials instead of experimentation? (Why?)
8. How might the way people learn to use new devices change in the future?

96 - Something You Keep in Your Bag

Part 1

Daily choices

1. Do you like making decisions quickly? (Why/Why not?)
2. What kinds of decisions do you make every day? (Why?)
3. Are small decisions easier for you than big ones? (Why?)
4. Do you ever delay decisions? (Why/Why not?)

Feeling prepared

1. Do you like to feel prepared before doing something? (Why/Why not?)
2. What do you usually prepare for in advance? (Why?)
3. How do you feel when you are not prepared? (Why?)
4. Does preparation help you feel calmer? (Why/Why not?)

Feeling satisfied

1. Do you often feel satisfied at the end of the day? (Why/Why not?)
2. What makes a day feel satisfying for you? (Why?)
3. Are productive days more satisfying than relaxed ones? (Why?)
4. Do small achievements make you feel satisfied? (Why/Why not?)

Part 2

Describe something you keep in your bag.
You should say:

- what the object is
- why you carry it
- how often you use it

and explain why it is useful to you.

Rounding-off questions

1. Do you keep a lot of things in your bag?
2. How would you feel if you forgot to bring your bag with you?

Part 3

Preparedness and Habits

1. Why do people like to carry certain items with them every day?
2. How can being prepared affect how people feel in daily life?
3. When can carrying too many things become inconvenient or stressful?
4. Do the things people carry reflect their personality?

Modern Lifestyles

5. Are people carrying more personal items today than in the past? (Why/Why not?)
6. How has technology changed what people need to carry with them?
7. Should people try to carry fewer things in their daily lives? (Why/Why not?)
8. How do you think what people carry each day might change in the future?

97 - Something That Saves You Time

Part 1

Time Management

1. Do you manage your time well? (Why/Why not?)
2. Do you use anything to help you save time? (Why?)
3. Has your timetable become busier recently? (Why?)
4. Do you feel stressed when you waste time? (Why/Why not?)

Learning from others

1. Do you learn from other people? (Why/Why not?)
2. Who do you learn from most? (Why?)
3. What kind of lessons do you learn from other people?
4. Is learning from other people more effective than learning on your own? (Why?)

Self-reflection

1. Do you spend time reflecting on yourself? (Why/Why not?)
2. When do you usually reflect on yourself most?
3. Does self-reflection help you understand yourself better? (Why?)
4. Do you ever feel you think too much about yourself? (Why?)

Part 2

Describe something that saves you time.
You should say:

- what the thing is
- how it saves you time
- how often you use it

and explain why saving time matters to you.

Rounding-off questions

1. Do you often want to save time?
2. What do you do if you have a lot of free time?

Part 3

Time and Efficiency

1. Why do people like things that help them save time?
2. Does saving time always make life better? (Why/Why not?)
3. In what ways can time-saving habits increase pressure or stress?
4. Are people more focused on efficiency now than in the past? (Why?)

Time in the Future

5. Do people feel they have enough time in daily life today? (Why/Why not?)
6. Has technology really reduced how busy people are? (Why/Why not?)
7. Are there situations where slowing down is better than being efficient? (Why?)
8. Do you think people will become more careful about how they use their time in the future? Why?)

98 - Something You Use for Entertainment

Part 1

Feeling comfortable with silence

1. Do you feel comfortable with silence? (Why/Why not?)
2. When do you usually experience silence?
3. How do you behave when things are quiet? (Why?)
4. Do you think silence helps you think more clearly? (Why?)

Making plans with others

1. Do you enjoy making plans with other people? (Why/Why not?)
2. Who do you usually make plans with? (Why?)
3. Do you prefer planning early or at the last minute? (Why?)
4. How do you feel when plans change unexpectedly?

Feeling proud

1. Do you often feel proud of yourself? (Why/Why not?)
2. What kinds of things make you feel proud? (Why?)
3. Do you share proud moments with other people? (Why?)
4. Is feeling proud important for your self-confidence? (Why?)

Part 2

Describe something you use for entertainment.
You should say:

- what the thing is
- how you use it
- what kind of entertainment it provides

and explain why it is enjoyable for you.

Rounding-off questions

1. Do you always want to be entertained?
2. Would you prefer to go out or stay in to be entertained?

Part 3

Entertainment and Well-being

1. Why is entertainment important for people's mental health?
2. When can entertainment become unhealthy for some people?
3. How does entertainment help people deal with stress or pressure?
4. Are people more easily entertained now than in the past? (Why/Why not?)

Entertainment in Society

5. Has digital entertainment replaced traditional forms? (Why/Why not?)
6. Do people spend too much time on entertainment devices? (Why?)
7. Should entertainment be more educational? (Why/Why not?)
8. How do you think entertainment might change in the future?

99 - A Small Habit that Improves your Daily Life

Part 1

Feeling pressure to succeed

1. Do you feel pressure to succeed? (Why/Why not?)
2. Where does this pressure come from?
3. How do you usually deal with pressure to succeed? (Why?)
4. Can pressure be motivating for you? (Why?)

Feeling comfortable alone

1. Do you feel comfortable being alone? (Why/Why not?)
2. What do you usually do when you are alone? (Why?)
3. Do you need time alone to recharge? (Why?)
4. Is being alone different from feeling lonely for you? (Why?)

Risk

1. Do you avoid risky situations? (Why/Why not?)
2. Are you generally a careful person? (Why?)
3. Did you take more risks when you were younger? (Why?)
4. Do you ever worry about safety? (Why/Why not?)

Part 2

Describe a small habit that improves your daily life.
You should say:

- what the habit is
- when you usually do it
- how long you have had this habit

and explain why it has a positive effect on your daily life.

Rounding-off questions

1. Do you have a lot of habits?
2. Are there any habits you would like to adopt?

Part 3

Habits and Lifestyle

1. What kinds of small daily habits do people have?
2. Are good habits easier to develop than bad ones? (Why/Why not?)
3. Do people usually develop habits without thinking about them? (Why?)
4. How important are habits in maintaining a healthy lifestyle?

Habits in Modern Society

5. Have people's daily habits changed because of modern technology? (Why/Why not?)
6. Do busy lifestyles make it harder to maintain good habits? (Why?)
7. Should schools teach students how to develop good habits? (Why/Why not?)
8. How might people's habits change in the future?

100 - Something That Is Important for Your Future

Part 1

Future Plans

1. Do you think much about your future? (Why/Why not?)
2. Do any physical objects play a role in your future plans? (Why?)
3. Has your vision of the future changed recently? (Why?)
4. Do you feel optimistic about your future? (Why/Why not?)

Being self-aware

1. Do you think you know yourself well? (Why/Why not?)
2. What helps you understand yourself better?
3. Do you reflect on your behaviour often? (Why?)
4. Do you think you understand yourself better now than in the past? (Why?)

Feeling confident in social situations

1. Do you feel confident in social situations? (Why/Why not?)
2. Which situations feel easiest for you socially? (Why?)
3. What makes social situations difficult for you?
4. Do new experiences usually make you feel more confident? (Why?)

Part 2

Describe something that is important for your future.
You should say:

- what the thing is
- how it will be used
- why it matters for your future

and explain how it supports your long-term plans.

Rounding-off questions

1. Do you often think about the future?
2. Do you make a lot of future plans?

Part 3

Planning and Progress

1. Why do people often plan ahead when they want to achieve something?
2. What personal qualities help people succeed over the long term? (Why?)
3. Is careful planning more important than having money or resources? (Why/Why not?)
4. Is developing skills more useful than relying on technology? (Why?)

Future-Oriented Thinking

5. Do people think more about the future now than in the past? (Why/Why not?)
6. Has uncertainty made people plan differently for the future? (Why?)
7. Can planning too carefully make it harder to adapt to change? (Why/Why not?)
8. What different ways might people use to prepare for the future in the coming years?

About The Author

Oliver Holmes is a former examiner and an experienced IELTS teacher.

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